**Optimism**

**The optimist is the kind of person who believes a housefly is looking for a way out. *(George Jean Nathan)***

**THE OPTIMIST CREED: Promise Yourself -**

**To be so strong that nothing can disturb your peace of mind.**

**To talk health, happiness, and prosperity to every person you meet.**

**To make all your friends feel that there is something in them.**

**To look at the sunny side of everything and make your optimism come true.**

**To think only of the best, to work only for the best and expect only the best.**

**To be just as enthusiastic about the success of others as you are about your own.**

**To forget the mistakes of the past and press on to the greater achievements of the future.**

**To wear a cheerful countenance at all times and give every living creature you meet a smile.**

**To give so much time to the improvement of yourself that you have no time to criticize others.**

**To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble. *(Optimist International)***

**It doesn't hurt to be optimistic. You can always cry later. *(Lucimar Santos de Lima)***

**Optimism for me isn't a passive expectation that things will get better; it's a conviction that we can make things better. *(Melinda Gates, philanthropist)***

**Optimism is the faith that leads to achievement. *(Helen Keller)***

**I am an optimist because I don't see the point in being anything else. *(Abraham Lincoln)***

**An optimist is a guy who goes ahead and makes a deposit on his vacation before his tax refund comes through. *(Bits & Pieces)***

**Part of being optimistic is keeping one's head pointed toward the sun, one's feet moving forward. *(Nelson Mandela, in Long Walk to Freedom)***

**I think the most optimistic thing is that we are still here! We have attained the capacity to destroy the planet and haven’t done it. The longer we don’t do it, the better chance we have. *(Margaret Mead)***

**Optimism is not necessarily blind. It is neither weak nor naïve. It can be tough and pure and earned just as clearly as any brooding existential despair. *(Charles P. Pierce, sportswriter)***

**An optimist is a person who opens a laundromat in a hippy neighborhood. *(Jack Herbert)***

**The average pencil is seven inches long, with just a half-inch eraser -- in case you thought optimism was dead. *(Paul Brault, software developer)***

**Perpetual optimism is a force multiplier. *(Colin Powell)***

**Christopher Peterson, Ph.D., an associate professor of psychology at the University of Michigan, has conducted studies which led him to claim that optimism can help a person fight off illness. In one of his studies he used questionnaires to divide test subjects into two groups. People who felt they had control over their situations were labeled optimists. Those who expected the worst and saw themselves as victims were identified as pessimists. Dr. Peterson found that over the course of a year a confirmed pessimist is twice as likely to experience minor illnesses, such as flu or sore throat, than the optimist. Other studies Peterson has conducted led him to conclude that one who has a long-term pessimistic attitude is more likely to experience disabling diseases and even an earlier death than a person who has a brighter outlook on life. *(Unity magazine)***

**I would feel more optimistic about a bright future for man if he spent less time proving that he can outwit Nature and more time tasting her sweetness and respecting her seniority. (*E. B. White)***

**I will say this about being an optimist – even when things don’t turn out well, you are certain they will get better. *(Frank Hughes)***

**An optimist is a man who gets treed by a lion but enjoys the scenery. *(Walter Winchell)***

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