



## An open letter about Optimism

**Is the glass half full or half empty?**

For many years we have just taken our 'seemingly' natural slant toward optimism or pessimism as a fact of life, as something that is an intrinsic part of ourselves, unchangeable.

Those with a pessimistic attitude have not fought against or resisted their 'seemingly' natural state, believing it unchangeable and probably not all that important.

Science has now shown us that we do have control over whether we are optimistic or pessimistic if we decide to change ourselves we can do so.

Science has also shown us that there are many benefits to being more optimistic than pessimistic. These benefits, in general, include:

- Optimists are healthier
- Optimists live longer
- Optimists are better salespeople
- Optimists are more successful in most endeavors
- Optimists are not as susceptible to depression
- Optimists have better relationships

The saying "Blondes have more fun" might be more accurately stated as "Optimists have more fun".

So, what can you do about it?

You can take our Keys to Happiness course which not only increases happiness but also optimism, emotional intelligence and resilience. The course is fun and easy and will give you all the skills and knowledge necessary to shift your focus from being pessimistic to optimistic.

Does your pessimism serve you in your profession? One of the other benefits of our course is that you can choose to be flexible. You can focus upon becoming more optimistic in your personal life while retaining your professional skepticism. The two can cohabitate successfully when you consciously choose this path. Even if your pessimism serves you in some aspects of your profession it is not benefiting your relationships with co workers, bosses and employees. You can fine tune your optimism/pessimism switch so that the attitude that is most beneficial to you in the moment is the one you apply.

Pessimists may have difficulty believing they can change or that this course will be helpful. Feel free to check out our Science section where citations from many studies are provided. You can use the citations to locate and read the studies. You will also be able to see for yourself as students answer a questionnaire about optimism and pessimism at the beginning and end of the course to determine their progress.

Deciding to take the course is a small investment of time and money that has the potential to improve your life experience in countless ways.

If you would like to be happier, if you would like to feel less trepidation, fear, anxiety, worry and concern take the class.

If you tend to focus on the negative aspects of your family and friends take the class.

If you have dreams and goals that you believe are impossible to reach take the class.

You will be happy you did.

Best Wishes for a happy life,

Jeanine Broderick, President  
Happiness 1st Institute  
[www.happiness1st.com](http://www.happiness1st.com)