



DOES OPTIMISM MATTERS IN BEING SUCCESSFUL IN LIFE?

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OUTLINE

- Is optimism a positive illusion?
- Why realism is important?
- What are the benefits of an optimistic mindset (in life)?

DID YOU KNOW?

- Positive and happy employees bring **health care cost down**:
 - Gallup study: from 1488 USD annually to 723 USD
- Employees who feels ignored at workplace by their manager have **40% likelihood of disengaging** from their job.
- Giving **recognition** from manager equates to a **42% increase in productivity**.
- Employees using their **strengths** at work report **enjoying up to 40-hour work** (in comparison with 20-hour burnout among those not applying strengths)

WHAT IS OPTIMISM?

TRUE or FALSE

- Optimism is inborn / a personality trait
- Optimists see good things only
- Optimistic mindset is about positive emotions only
- It is impossible to be optimist when experiencing difficulties, failures or sickness
- We have no impact on our level of optimism
- Positive mindset can be trained – it is a skill



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Are you an optimist or a pessimist?

<https://www.youtube.com/watch?v=jCIIOXlpXd0>

CAN WE LEARN OPTIMISM?

YOU FAILED EXAM.

How do you interpret the reasons
and its impact on your life?

How I Became an Optimist

<https://www.youtube.com/watch?v=lcja1Hi39aQ>

OPTIMISM AND ATTRIBUTION STYLE

- Expectancy (behavior as a result of desire to obtain goals)
- Confidence (achieving goal)
- Attribution style:
 - internal factor vs. external factor ,
 - stable impact vs. unstable impact ,
 - global effect vs. local effect.





WHAT OPTIMISM IS AND WHAT IS NOT?

- Is optimism a positive illusion?
- Have you ever experienced strong positive effect of optimism in your life?
- Have you ever thought about the worst possible scenario?

WHY REALISM IS IMPORTANT?

Is seeing a glass as half full always
beneficial?

Why considering potential problems,
difficulties and obstacles is needed?



IS IT GOOD TO BE REALISTIC ABOUT YOUR OWN FAILURE? OR PROBABILITY FOR DIVORCE?

Will it stop you?



WHICH WEEKDAY DO YOU PREFER:

FRIDAY, SATURDAY OR SUNDAY?



“A kiss form celebrity”

EXPERIMENT:

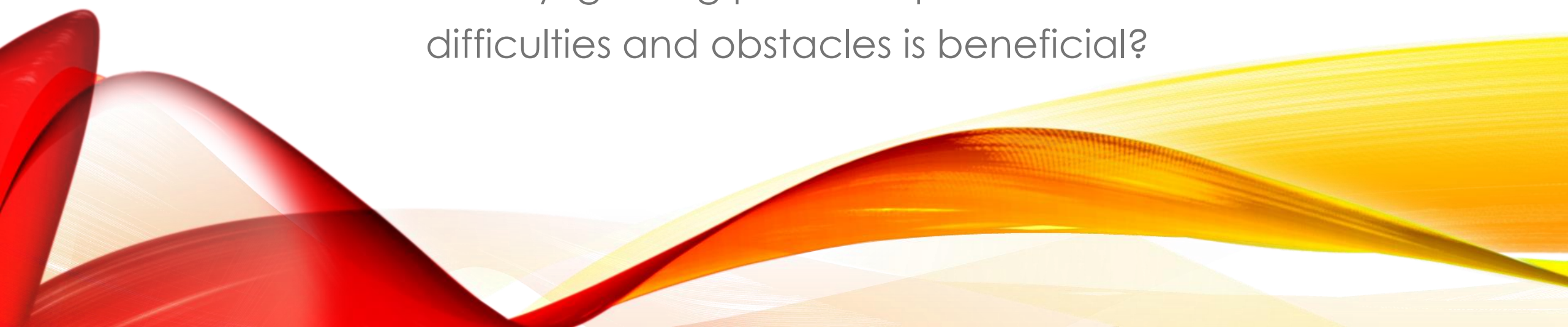
HOW MUCH YOU WILL PAY IF YOU
WILL GET IT:

IMMEDIATELY,
IN 3 HOURS,
IN 1 DAY,
IN 3 DAYS,
IN 3 MONTH,
IN 1 YEAR.



IS UNREALISTIC OPTIMISM GOOD FOR US?

Why ignoring potential problems,
difficulties and obstacles is beneficial?



POSITIVE REALISM VS. UNREALISTIC OPTIMISM

- Positive coping
 - Healthy habits
 - Stronger believe in control
 - Lower disappointment
- “I will not have a cancer”. “Smoking kills” but the other guy
 - May be unhealthy/ dangerous
 - Anticipation makes us happy
 - Optimism changes subjective (the way we see it) & objective (self-fulfilling prophecy) reality
 - Optimism makes us successful in academic, sport, career, business.
 - We create plans which are more hopeful / progress

POSITIVE PSYCHOLOGY INTERVENTIONS



POSITIVE PSYCHOLOGY INTERVENTIONS (FORDYCE, M.)



1. Be more active and keep busy
2. Spent more time socializing
3. Be productive at meaningful work
4. Get better organized and plan things out
5. Stop worrying
6. Lower your expectations and aspirations
7. Develop positive, optimistic thinking
8. Get present-oriented
9. Work on a healthy personality
10. Develop an outgoing, social responsibility
11. Be yourself
12. Eliminate negative feelings and problems
13. Close relationships
14. Value happiness

WHAT ARE THE BENEFITS OF APPLYING OPTIMISTIC APPROACH IN OUR LIFE?

- Strategies of applying optimism to various life situations and conditions
- Social, cognitive, emotional and other benefits



- What did I learn today?
- What is useful for me?
- What am I going to apply?



Things to remember



1. Click to add text

