**7 Ways to Be More Optimistic**

**1. See setbacks as temporary**

Viewing your setbacks as permanent makes you more likely to give up. See them as a learning curve and resolve to come back better because of them.

**2. Regain a sense of control**

What can you do to improve the situation? Focusing on this leads to more possible solutions, less problematic barriers and more action.

**3. Don't over-generalize**

After a disappointment, it is easy to think that everyone and everything is conspiring against you. Compartmentalise. A setback in one aspects of your life does not make you a failure in others.

**4. Watch out for key phrases**

After a failure, phrases such as “I will never”, “I always mess up” and “This happens every time” are not helpful. Use phrases like, “I might be able to” and “I could try this”.

**5. Shift your focus**

It is tempting to focus on things you can’t change. This can lead to stress and frustration as it is out of your hands. Control the controllables.

**6. Take a balanced approach**

Regardless of success or failure, there are always things that you did well and things you can do to improve. Build a stable base from which to learn.

**7. Acknowledge your own contribution**

Don’t always put your success down to luck or other people performing worse than you. Build your optimism by reflecting on how you contributed to your success.