

RESILIENCE FACTOR

Optimism

As part of the positive affirmation, the optimism training offers the opportunity to clarify and strengthen the many small moments of pleasure in everyday life.

“What is good for me? What gives me pleasure?”

During the course of your week, start filling an optimism ABC’s and list everything that comes to your mind.

This can be anything that brings you joy, from A for apple pie, to G for generous, to Z for zero pain.

Stay on the ball and be creative.

	WEEK _____	WEEK _____
A		
B		
C		
D		
E		
F		
G		
H		
I		
J		
K		
L		
M		
N		
O		
P		
Q		
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S		
T		
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V		
W		
X		
Y		
Z		