



Finding the Silver Linings: A Guided Journal for Increasing Your Optimism

Carrie Billings

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It's human nature to pay more attention to the negative things in our lives than the positive - after all, it's how our ancestors survived! But while it may be natural to concentrate on our difficulties and the things in our lives that don't go as planned, spending too much time stuck in those thoughts can lead to problems. You may not be able to change the situations that arise, but you can learn to look at the bright side, and boost your happiness in the process! The powerful prompts in this journal will help you to increase your sense of optimism by giving you the tools to shift into a more positive mindset, process and understand the situation you're struggling with, identify the positive side of the issue, and think through what can be learned or gained. With consistent practice, you'll be well on your way to enjoying a more optimistic view of the world. Let's get started!

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