

Think through a recent good experience that happened to you as well as a bad experience that happened to you. Answer the questions below to start cultivating an optimistic mindset.

**My good experience was....**



1. What role did I play making this happen?

2. How can I make this permanent?

3. What can I do to have this spill over into other aspects of my life?

**My bad experience was...**



1. In what way is this also the responsibility of others or circumstances beyond my control?

2. How can I keep this temporary?

3. What must I do to contain the damage of the long-term effects of this event?