How Does an Optimistic Mindset Change My Tomorrow?

715 Words

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It takes about 8 ⅓ minutes for a light wave to travel from the sun to earth. And for those 8 ⅓ minutes, the light wave is a collection of electric and magnetic fields. That light is then refracted and reflected until it reaches my eye. Light is also believed to have a dual nature: it is made up of particles and waves. The quantum theory of light states that light exists in units called photons. These tiny packets of light are traveling in a tornado of x - rays, gamma rays, radio waves, and finally: the visible light spectrum.

While we can't see the truly chaotic nature of the light that constructs our world, we can see one thing. We can see light through the darkness.

Optimism allows us to do the same thing.

When I was younger I would climb a few fourteeners with my dad every summer. We would wake up at 5:00 am, put on our backpacks, and start on the trail. The first few miles would pass quickly; my dad has always been my best friend and I love talking to him. Then, the elevation would start to accumulate. Our pace would slow to a crawl and the trail would vanish into a boulder field. I would glue my eyes to the ground because looking up gave me intense vertigo. So I would say to myself, one more step. One more step. One more step. When we got to the peak, my dad and I would sit next to each other and stare out into the distance. I thought that I was on top of the entire world. Optimism had pulled me there. I used optimism every time I trusted my legs to take another step. Optimism also allowed me to envision the top of the mountain even as I stood at its base, swallowed by the shadow that it cast.

So it turns out that optimism can propel someone up a mountain. But we face issues that are far more than 14,000 feet high. In the last few years, so much has happened. Black Lives Matter protests have swept the country. Covid-19 has taken millions of lives. Political polarization has escalated and Americans aren't united. Misinformation is rampant. Violence is rising all across the world. Our climate crisis continues to worsen. As much as we need the light, we need to acknowledge the darkness.

But what if things never got better? What if we only had darkness? What if tomorrow was simply a repetition of today, with no possibility for compassion and innovation and progress? Would we be happy with where we are?

I would be furious. I refuse to live a life without an optimistic tomorrow. Optimism allows us to reject the injustice of today and strive towards a better future. Optimism is a light in the darkness. We need the light. We need the sun to cross the horizon. We need the opportunity to start a new day and try again. Our work is not done. We need optimism in order to see through the darkness of today and into the possibility and hope of tomorrow.

Optimism is the candle in the middle of the night. It is the piercing hope and faith that cannot be put out by any amount of trial or tribulation. Optimism is ingrained into the human experience. After all, we are able to see light from a collection of electric and magnetic fields. These waves reflect off of our surroundings and back to our eyes. And with these waves, we are able to construct an entire world. We can see beautiful things and the faces of our loved ones. And we know that the sun will rise again.

An optimistic tomorrow is simply a flaming ball of hydrogen and helium crossing into our field of vision. An optimistic tomorrow does not perpetuate the darkness of now. Instead it is the rising of the sun, and no amount of darkness can put out that light.

I can see the light of tomorrow when I close my eyes. I can feel the heat of hope and faith radiating from the horizon. Optimism cuts through the darkness of night and lets me live another day. Optimism doesn't change my tomorrow.

Optimism is my tomorrow.