

How Does an Optimistic Mindset Change My Tomorrow?

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“Optimism is the faith that leads to achievement.” This simple truth, spoken and lived by Helen Keller, is perhaps one of the most important and underrated ideals of modern society. Optimism can pave the way to a happier and more fulfilling life; it will bring on a wholesome mind and mindset; it can improve modern society; and it can lead to healthier and stronger relationships. Optimism is an immensely powerful factor in the lives of human beings, and there are plenty of ways a mindset that harnesses and uses this skill can change my future.

For starters, optimism can pave the way to a more fulfilling life. Someone with optimism would be more inclined to try new things without the worry of failure, and multiple studies show that hobbies have an extraordinary effect on mental health. Utah State University conducted one of these many experiments, and they say that hobbies lead to “Reduced stress... Enhanced well-being... Improved social connection... (and) Improved mental health...” Other than the obvious effects of strong mental health, trying new things will also lead to a more open mind, along with expanding our sense of accomplishment and increasing our creative capacity.

Besides these personal benefits, optimism also can greatly improve our society. There is a famous Greek proverb which describes perfectly the standard of economy and society countries should set. It goes, “A society grows great when old men plant trees in whose shade they shall never sit.” This is especially true in the United States, which has the strongest financial system in the world. In this country, sacrifices made

today will strongly benefit the future. People are more likely to take risks such as going to college and starting a new business because they will help generations to come, compared with people in countries like India, who may worry that their actions will not make a difference in their country's future.

Equally importantly, optimism brings on a healthier mind. Many people, especially teens my age, struggle with a lot of mental health issues. Countless young people have depression, anxiety, and an extreme lack of self-confidence. Their minds are plagued constantly with things that could go wrong and things that are already moving downhill. Doctors and philosophers say time will heal all wounds; but could optimism be a potentially better and faster solution? Imagine the impact optimism would have on the world if young people viewed problems with healthy and positive minds. Take a moment to ponder upon what the future would look like if such minds were to go to work inventing solutions to complicated problems and arguments. Optimism, beyond improving the lives of countless people, could be used as a tool to help with the world's problems.

Last but not least, optimism can be a powerful tool in creating and strengthening relationships. On the website The Positive Psychlopedia, it states, "Optimists have a more positive mood and morale... All that positivity must radiate outward, because optimists tend to be better liked by others, too." Having and keeping healthy relationships is one of the best things you could do for your mind and health, and optimism only increases your chances of finding good friends or a loving spouse. Optimism, love, and joy go hand in hand, so take advantage of your good attitude.

It is my personal opinion that optimism could do a lot of good in the world if applied to the right situations. We have already seen proof of this optimism in the past that has allowed us to get to where we are today: To name just one, Albert Einstein, although dropping out of school at the age of 15 and disappointing his teachers, came up with ideas that are still used today, including the theory of relativity and quantum mechanics. The things he came up with hadn't been thought of before, so he was taking a risky step in exposing his thoughts. If he had listened to those who said he wouldn't amount to anything, the world would not be the place it is today. Thousands of other people have used optimism to change the world. There is a quote by Thomas Friedman that goes, "Pessimists are usually right and optimists are usually wrong but all the great changes have been accomplished by optimists."

So stop worrying about the small things. Stop raining on the parade. Stop focusing on the bad, and use optimism to dance your way through life!

Sources

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