

Growth Planning Life-Skill #5  
**BEING ABLE TO DEVELOP & KEEP  
 AN OPTIMISTIC & POSITIVE MINDSET**



**Sometimes, we get down on ourselves ... and everything around us**

It's at those times when we need to:

- ✓ UNLOCK THE POTENTIAL OF OUR MIND
- ✓ USE OUR MIND LIKE A PERISCOPE  
 to look above and beyond what may be getting us down so we can see and focus on *the vast world of possibilities* that *really* exists out there ahead of us in our future.



➤ **To what extent, am I living with an optimistic & positive mindset ?**

GROWTH PLANNING LIFE-SKILL #5 ANALYSIS & MEASUREMENT FORM  
 Being Able To Develop & Keep  
 An Optimistic & Positive Mindset

List 2 **PAST** situations when you (or someone you know) did use this Life-Skill?

1) \_\_\_\_\_  
 -----  
 2) \_\_\_\_\_

List 2 **FUTURE** situations when you (or others you know) could use this Life-Skill?

1) \_\_\_\_\_  
 -----  
 2) \_\_\_\_\_

To what extent are you demonstrating this Life-Skill in your everyday life **RIGHT NOW?**

**I AM NOT** [circle one number] **I AM**  
 Demonstrating This Demonstrating This  
 Life-Skill Now Life-Skill Now  
 In My Everyday Life In My Everyday Life

0 1 2 3 4 5 6 7 8 9 10