

Thinking and Mindset (Worldview) Log

Optimism vs. Pessimism - which way do you tend to think? The purpose of this journal is to guide you in identifying where your present mindset is and allow you to move toward a more positive world view. At the end of each day take a moment to journal your thoughts or opinions about the events of the day. At the end of the day, determine how many times you had negative vs positive thoughts around those events. Your journal should include:

Time and Date	
What happened today that you formed an opinion or had thoughts about?	
Describe what your opinion or those thoughts were.	
Number of Negative or Pessimistic thoughts	
Number of Positive or Optimistic thoughts	

DISCLAIMER: This is not a substitute for professional medical advice, diagnosis, or treatment.

Quick summary.

If you're generally optimistic, you're an optimist—you tend to look at things favorably. Seeing the positive outcome, seeing the silver lining, etc.

Pessimistic means the opposite: expecting a situation to turn out in a bad way or being a pessimist. Always expecting the worst to happen, believing good things won't happen for you.

Be realistic and honest with your journaling. Record your actual responses and thoughts so that as you move through the course and do the work, you can see your thoughts and worldview shift. Will the world change? Probably not, but you will change and begin to show up in the world differently. You'll feel different, relate to others differently, and find life so much more meaningful. You may live longer as well!