

Maintaining a Positive Perspective



Look at the glass of water. Do you see the glass as half full or half empty?
What does that say about your perspective in life?

Reading

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Have you ever wondered why some people feel down and defeated when faced with difficult situations, while others feel challenged and hopeful? These different reactions are due to how people interpret events – whether they think positively, from an optimistic viewpoint, or negatively, from a pessimistic viewpoint.

Optimists and Pessimists

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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