

“Reaching your Dreams by Choosing Optimism”

Author: Kenydi Young

School: Twin Falls High School

“Reaching your Dreams by Choosing Optimism” (798 Words)

You are waltzing in an extravagant ballroom. Ravishing gowns float across the floor with an ethereal grace, as they sway to the sound of the music--a beautiful blend of the harmonic harp and the resonant cheer of the cello. But suddenly, the clock strikes midnight! A stunning girl, adorned in shimmering shades of the sky itself, flees to the outside world as her luscious locks bounce to the booming of the clock. She stumbles on the staircase, and a single, dainty shoe is left in her wake, a shoe that alters the rest of her life for the better. We all know the dreamy tale of Cinderella: a sweet, yet overlooked girl who chooses to believe in the power of positivity, and one short ball later, leaves with a Prince Charming beside her. Through *optimism*, Cinderella eventually escapes the confines of negativity and achieves the happily ever after of her dreams. Thankfully, the concept of fulfilling one’s desires through a positive mindset is more than just fantasy. Everyone has the potential to pluck their shimmering dreams from life’s swirling sea of possibilities if they are willing to choose optimism.

Outside of the pages of fairy tales, there are many optimists who, just like Cinderella, pursue a positive mindset in order to achieve their hopes and fantastical goals. Optimism is not the belief that life is lacking tragedy and strife. Optimists understand there is no magic wand you can wave that will make your problems disappear with a simple “bippity boppity boo.” Instead, optimism acknowledges that obstacles are inevitable, but with a positive outlook, even the worst of trials can be conquered. Everyday optimists enhance not only their mental health, but actually their productivity and overall success through this mindset, as they better equip themselves to

endure financial troubles and job insecurities than pessimists, and emerge more successful. In his article, "Survival of the Happiest," Aaron Pitman explains "Cynicism is a self-fulfilling prophecy" (Kohrman). Constantly expecting the worse from life brews feelings of helplessness, resulting in less effort, more roadblocks, and ultimately failure. When someone pictures a brighter future, though, when they know their vivid dreams are attainable through passion and drive, it breeds resilience-- a crucial necessity for materializing dreams through innovation and entrepreneurship. In the long run, this optimism pays off... quite literally. According to a study conducted by Michelle Gielan from Harvard Business Review, optimists receive more promotions and higher wages than pessimists. She concludes that "those that are in the top quartile for optimism as compared to their peers... are 40% more likely to get a promotion over the next year, not to mention six times more likely to be highly engaged at work, and five times less likely to burnout than pessimists" (Marz et al). Optimism helps not only in reaching dreams, but in doing so more efficiently and fulfillingly.

Some of the most wildly successful people in the world became household names simply through utilizing those advantages of continually choosing optimism. For instance, the billionaire author of the *Harry Potter* series, J.K. Rowling overcame a sea of obstacles. She was a struggling single mom who began jotting ideas for her novels on napkins at a cafe. Through optimism, though, Rowling knew her lifelong dream of writing was attainable, and now she is one of the most well known authors of today. Another inspiring product of optimism is Walt Disney, who lived his life by the motto, "If you can dream it, you can do it" ("A Quote By"). He was fired from his job with the newspaper for apparently lacking creativity, and his ideas were repeatedly shut down. However, by choosing optimism amidst his obstacles, Walt Disney eventually became the successful creator of the countless, well-loved movies and parks now

associated with his name. Not only do Rowling and Disney write of magic, they make magic in real life too, by inspiring others. Their success stories, combined with the wonder their creations produce, incite optimism and dreams in others. To the little girls who play dress up in their mom's gowns, or strut across their bedroom in their plastic princess shoes, this magic is real, and creates an endless source of optimism to fuel the wondrous dreams of tomorrow.

Through optimism, dreams become achievable, they become reality. You do not need a pumpkin carriage to put your dreams into motion. You can chase opportunities. Choose optimism. Change your life for the better! Simply don your optimistic glass slippers and carry on proudly to whatever ball you have in your own life, regardless of the ugly step sisters and pessimists alike who implore you not to. By choosing to live optimistically, you choose success, and in the words of Cinderella, "If you keep on believing, the dream that you wish will come true!"

Works Cited

"A Quote by Walt Disney Company." *Goodreads*, Goodreads,

www.goodreads.com/quotes/24673-if-you-can-dream-it-you-can-do-it-always.

Kohrman, Miles. "Survival Of The Happiest: How Optimism Affects Your Chances of Success."

Fast Company, Fast Company, 14 Jan. 2014, www.fastcompany.com/3024794/survival-of-the-happiest-how-optimism-affects-your-chances.

Marz, Justin Talbot-Zorn and Leigh, et al. "The Financial Upside of Being an Optimist."

Harvard Business Review, 31 May 2019, hbr.org/2019/03/the-financial-upside-of-being-an-optimist.