

**“How Does an Optimistic Mindset Change  
My Tomorrow?”**

712 Words

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*“What is hope but a feeling of optimism, a thought that says things will improve, it won’t always be bleak, there’s a way to rise above the present circumstances. Hope is an internal awareness that you do not have to suffer forever and that somehow, somewhere there is a remedy for despair that you will come upon if you can only maintain this expectancy in your heart.” –*

Wayne W. Dyer

In today’s ever-changing world, where nothing is certain, and we can never truly know what tomorrow brings, it is undoubtedly difficult for anyone, at any point in their lives, to find the willingness to live life with an optimistic mindset. While undergoing the mundane tasks of life and repeating the cycle everyday, one becomes lost in their true meaning of life. It is during these times of discouragement that many of us forget to draw upon something much more powerful than the vortex trapping us in the cycle of our monotonous lives: *optimism*. Hope and optimism are kindlings for the fire of joy, happiness, and positivity, and learning how to harbor these feelings during times of uncertainty not only restore the beauty of humanity, but give us *opportunities* for tomorrow.

At any point in one’s life, it is inevitable that they will come across feelings of hopelessness, sadness, or fatigue with the repetitiveness of daily life. In these times, we begin to question our goals and ambitions, and whether they are attainable. After all, how can we achieve our goals when we are living the same daily, monotonous cycle? The answer is quite simple: we must adjust our mindset to view ourselves not as beings who are simply *existing*, but ones who are *living* and setting goals in order to achieve our dreams. We must have optimism and hope for our future, and the mindset that tomorrow *always* brings new opportunities and adventures. It is



quite easy for one to lose sight of their goals, especially when their daily life *perceivably* has no meaning. Commuting to school or work and coming home exhausted from the day only to sit and unenthusiastically ponder the countless tasks on a seemingly never-ending to-do list indeed seems very uninspiring. We must however, change our tone to one that is not of loathing and disdain for our lives, but to one that is optimistic and excited for the future. Instead, we have the *opportunity* to travel to school or work and see old friends and meet new people and learn something new. We then come home and spend time with loved ones and check items off of our to-do list in order to make room for new ones that ultimately carry us towards our goals. Finally, we go to bed excited for the day that follows, eager to see what new adventures await. While both examples contain the same daily tasks that most of us face, one was presented with an uninterested tone, and the other with the tone of *optimism*. Simply changing the tone of our life, and having hope and excitement for our tomorrow, which ultimately carries us towards our treasured ambitions, greatly affects our happiness and attitude towards life. Having excitement for what lays ahead increases our productivity and gives us something to look forward to every day. Setting goals with optimism, having expectations, achieving them, and repeating this cycle not only carries us through life, but instills in us purpose, meaning, and gratification, which fuels our hunger and ambition. It is through an optimistic mindset that we can change the narrative of our lives and dictate our *own* future.

Optimism fuels hope, and hope guides us through our lives. Without learning how to seek out the best in every situation, and having hope for what lies ahead, we neglect our personal responsibilities and cease to work towards our goals. Being optimistic is the only way in which we can decide our fate, as we begin to actively search for ways to have a positive outlook on life, causing us to seek new adventures and opportunities in order to satisfy our hunger for a happier,



and better life. Without optimism, one has no purpose in life, and without purpose and meaning it is impossible to change our *tomorrow* in order to dictate our *future*.