

How Does an Optimistic Mindset Change

My Tomorrow?

700 Words

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I have not always been the best about keeping an optimistic attitude. In fact, I used to be very negative and judgmental. However, in July of 2020, my entire world was flipped upside down. It is important to look at the bright side of every situation because you never know what obstacles may be coming your way. An optimistic mindset helped me to be a more supportive daughter when my father had a major accident and was left couch ridden for eight months.

I learned the true meaning behind optimism on July 6th, 2020. My uncle bought two shipping containers to keep his belongings at our house while he moved into a new house. My dad was using the backhoe to lift one of the containers into the air while he put a wood tie underneath it. He stepped wrong when suddenly the container came sliding off of the backhoe. Before he knew what was happening, his foot was stuck underneath the container. As soon as I heard him yelling, I ran to see what had happened. He told me to get in the backhoe to lift the container off of his foot. The second I started lifting the container, he started pulling on his foot. My dad pulled his foot free one second before the container slipped off the backhoe again. He was life-flighted to a hospital over an hour away from where we live, and I was faced with the task of choosing optimism over feeling utterly helpless. My dad is a farmer, so my mom and I were stuck scrambling to figure out how we were going to take care of all of his crops. My dad ended up having seven surgeries that left him unable to walk for eight months. I've worked for my dad on the farm since 2019, but I did not have that much experience on my own yet. Suddenly, I was moving lines two times a day on two to three different fields. A couple of my cousins came out to help as much as they could, but it was still a lot of work. Then school

started. I was up before 6 every morning moving wheel lines then going to school. Straight after school, I had to move lines again. My dad had to have medicine balls injected in his arm three times a day to prevent infection. The medicine made him really sick, but he kept his spirits high which helped me to do the same. I did the work that needed to be done, while putting on a smile for everyone else's benefit. I had to be strong for my parents, specifically my mom. After twenty-five years of never having to worry about my dad, she was suddenly left having to care for him. My dad tried to be as independent as possible, but it was hard while being stuck in a wheelchair. He went from spending sun up to sun down in the fields, to being couch ridden for eight months. This took a toll on my mom, so I had to keep the optimism alive. I stopped complaining about work, and I did everything I could to make life easier for both of my parents. Looking back on the experience, I realized how different the outcome would have been if I had shut down or let my fear take over. I kept the smile on my face, and I worked hard. My dad was able to recover from the accident, and I learned new skills that could help me in the future. Keeping an optimistic mindset has strengthened my relationships because I have shown that even when times are tough I will be there with a smile to offer.

A positive attitude will get you so much farther in life than a negative one. Like my mom always says, people are always happy to see you. Sometimes they are happy to see you come, however, sometimes they are happy to see you leave. I want to be remembered as the person they were happy to see coming. A negative attitude will leave you bitter and resentful. Optimism keeps hope alive, and hope is what makes life worth living.