

Optimisme

- A DELIBERATE CHOICE

www.optimisten.dk

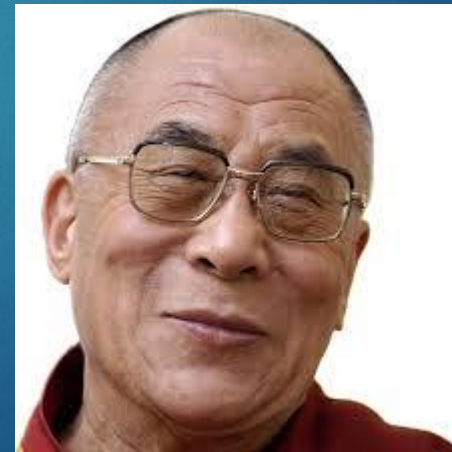


Henrik Mathiasen
- Proclaimed optimist

“ Choose to be optimistic. It feels better!

”

- DALAI LAMA



Our thoughts are important...

Privately....



Professionally....



What do you want to be know for?

The Optimist

- ▶ Problems are just passing by
- ▶ I can do something about the problem – they take action
- ▶ This problem is an isolated thing regarding one part of my life

The pessimist

- ▶ Problems will last forever
- ▶ There is nothing I can do about the problem – they are ruminant
- ▶ This problem will have a negative effect on my entire life

Learned Optimism by Seligman

- The ABCDE Model

- ▶ **A** - Adversity
- ▶ **B** - Belief
- ▶ **C** - Consequences
- ▶ **D** - Disputation
- ▶ **E** - Energization

"Success breeds success" — Edward Thorndike

“ (Diamonds are just pieces of coal,
which took their job seriously)

”

- B.C. FORBES

