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# Two-Minute Drill



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## Money Won't Make You Happy, But I'm Optimistic About It.

Here is something interesting about being happy. Data from the University of Chicago's General Social Survey show that even if two people have the same...

- - Income
- - Education
- - Race
- - Sex
- - Family status
- - Political views

...a lack of optimism about the future lowers the likelihood by nearly 50% of one saying he or she is happy.

What is optimism? Optimism is the certainty that something makes sense, regardless how it turns out.

We hope to "win" in our lives, but it is only by practicing optimism that we form winning habits.

Harry Truman said, *"A pessimist is one who makes difficulties of his opportunities, and an optimist is one who makes opportunities of his difficulties."*

### Ask yourself:

How do you practice optimism? We need to spend 30% of our day on things we find positive, hopeful, uplifting and exciting. Open your calendar and consider:

What am I looking forward to doing today? What percentage of my day does this represent?

How have I structured my time to ensure I have added those things I find to be engaging and exciting? How do I eliminate pessimism and despair?

What more do I need to do to boost my attitude and optimism?