



Wellbeing  
Wednesday



**Belief:** an acceptance that something exists or is true, especially one without proof.

**Optimist:** a person who tends to be hopeful and confident about the future or the success of something

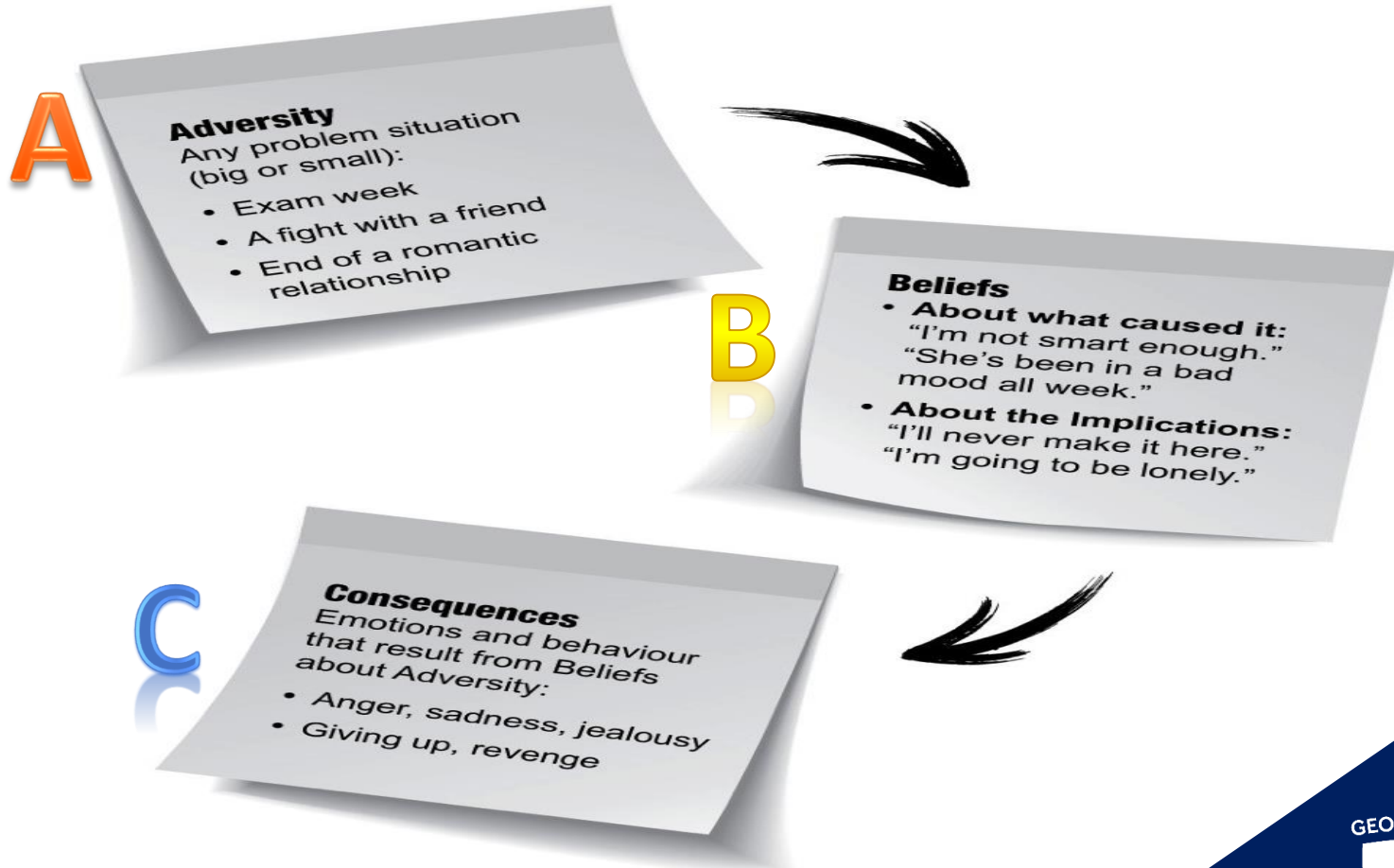
**Pessimist:** a person who tends to see the worst aspect of things or believe that the worst will happen

Do you have a pessimistic outlook or an optimistic outlook?

What do you think the link is between your belief or view about a situation, and having pessimistic or optimistic outlook?



When we suffer **adversity**, that tends to lead us to a conclusion we **believe** about the situation. There will be a **consequence** due to conclusions we have drawn, be it positive or negative.



Do you think there is a link between our thoughts and feelings?

How may that impact the outcome or consequences?

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**IN ORDER TO SUCCEED,  
YOUR DESIRE FOR SUCCESS SHOULD  
BE GREATER THAN YOUR FEAR OF FAILURE.**

