

5 Habits

to Promote a Culture of Optimism

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ASK THE QUESTION

WHAT MAKES YOU OPTIMISTIC?

This raises optimism and is a great way to kick off team catch ups.



SELF TALK

MAKE YOUR SELF TALK OPTIMISTIC

Your thoughts create your feelings and actions.



FEEL GOOD

REMEMBER TO LAUGH AND SMILE

This activates feel good messengers known to fight stress.



TRIBE

SURROUND YOURSELF WITH OPTIMISTS

We are the sum of the people we surround ourselves with.



GRATITUDE

BE GRATEFUL

This helps to reframe challenges and moves our energy towards being optimistic.

