

# OPTIMISM Tips and Tools



Easy for parents, Good for kids

Tips and Tools to help busy parents raise happy, successful kids - in 10 minutes a day.



## How OPTIMISM leads to Happiness and Success

Optimists differ from pessimists in their ability to enjoy the people, things, and situations they experience. They recover from adversity more easily and feel more in control of their lives. Optimists see opportunities and solutions, whereas pessimists see obstacles and problems. Martin Seligman, the famous visionary behind the Positive Psychology movement and one of the leading psychologists in the world, has spent over three decades researching optimism. In his book *Learned Optimism*, Seligman explains that optimism is a set of skills we use to talk to ourselves when life gets difficult and knocks us down. It's not about pretending everything is fine. What is crucial is how you interpret failure. "Changing the destructive things you say to yourself when you experience the setbacks that life deals all of us is the central skill of optimism." The benefits of having an optimistic outlook are far-reaching and significant. Science has shown, without a doubt, that a positive outlook in life correlates with success in many areas of our lives, including higher incomes, stronger interpersonal relationships, and better health outcomes. Optimists consistently outperform pessimists with equal talent and intelligence. They tend to be more creative, more collaborative and more productive. Optimists attract more friends and better opportunities. Optimistic professionals sell more, and optimistic sports teams win more. Optimists experience fewer illnesses, and tend to live less stressful, longer, healthier lives.

## How to talk to kids about OPTIMISM

### Mindsets for Happiness and Success



## OPTIMISM

A pessimist sees the difficulty in every opportunity and an optimist sees the opportunity in every difficulty.

True optimists are not running around saying “Life is wonderful! Everything is perfect! I’m amazing!” They are more realistic than you think. The important distinction between optimists and pessimists is that they believe they have control over their lives, and that what they do makes a difference. If you believe that nothing you do matters, you do nothing. You feel powerless and you give up. You stop looking for solutions. That is the definition of helplessness. Pessimists give up more easily, are more likely to get depressed, accomplish less than their potential, and experience more illnesses. If you don’t believe what you do matters, you don’t try hard enough or long enough to succeed, therefore creating the negative future you believed would happen. The LET’S TALK about OPTIMISM conversation starters make it easy for parents to help their children develop a more optimistic outlook on life.

## JOY Competition

Attitudes are simply mental habits we develop over time. It’s easy to get into the habit of sitting down to dinner and complaining about everything that went wrong that day. It’s just as easy to share “three good things that happened today.” Even if we have to search and all we can find is “The weather was nice, I didn’t have that test we were supposed to have today, and I love the spaghetti you made for dinner, Mom,” that’s OK. It’s more than OK. It’s great because you are getting your brain into the habit of searching for good things. And when you do that for 30 days, you help your children build a habit that sets them up for happiness and success.

Start a simple family tradition that helps everyone develop a more positive outlook on life. Make mealtime, when you are all together, a time to share the best part of your day. Take turns and really listen. This simple ritual expresses a lot about who we are and what makes us happy. Use the Joy Competition Chart to stimulate some healthy competition. Anyone who shares their “three good things that happened today” earns a check on the chart. This is a game where everyone wins... [more.](#)

[Download LET’S TALK - Optimism](#)



[Download Joy Competition](#)

## The HappyHome ELVES and the Key to OPTIMISM

Each of the HAPPYHOME ELVES comes with a bed-time story by an award-winning author, an antique key, 50 tokens to reward good behavior, and 30 cards telling children what they can do to earn the Key of Resilience, Kindness, Optimism, Gratitude, Responsibility, Courage, Mindfulness, Empathy, Purpose, Generosity or Respect.



The HAPPYHOME ELVES pop up around the house (one per month), holding prompt cards for children, who love the magic and mystery of it all. Kids are excited to wake up each morning and see what message the ELF has brought, and end up doing more for their friendly ELF than they would for their parents. Parents learn how to parent like an expert without reading a single book. The prompt cards teach them what to say to their kids, and what activities to encourage that will help them develop the mindsets and habits that lead to happiness and success.

[See all 12 ELVES](#)

## The 3-IN-1 FAMILY FUN Activities for OPTIMISM

The three most important things happy families do is (1) sit down to meals and talk about what's important, (2) have fun together - without technology, and (3) celebrate family life with rituals and traditions that create memories and build strong family ties. 3-IN-1 FAMILY FUN ideas have been developed to deliver all those benefits in one simple activity.

Our most cherished childhood memories usually revolve around the holiday traditions we celebrate as a family. The fact that we repeat these traditions over and over again is one reason why they stick with us, but it's also because they involve so many of our senses; festive decor, yummy food, fun activities, and relaxed time with people we love. If you want your children to remember important life lessons, the easiest, and most effective, way is to weave them into holiday traditions and family rituals. That's what 3-IN-1 FAMILY FUN is all about. Below are three activities/tradition ideas for the month of May, all about OPTIMISM, joy and a Happy Mother's Day.

## Recipes for JOY

This is the perfect keepsake to prepare when Mother's Day is close at hand. Women seem to have a definite sense about what makes life joyful. Ask any woman and she'll have no problem sharing her secret for happiness. In fact, she'll be honored that you want to include her wisdom in a family treasure that you will pass to future generations.

Ask the mothers in your family to write down their own personal "Recipe for Joy." Be sure to include favorite teachers, adult friends of the family, or neighbors you are close to. This can be a fun family project, with each person responsible for asking, and reminding, different people.



## LIGHT up your HOME with JOY

Attitudes are habits we learn as we grow up. You can help your children develop an optimistic attitude by teaching them the habit of focusing on the good things about people, situations, and events. Our thoughts are more powerful than we can imagine. If we think negative thoughts, we have negative interactions with people, who respond negatively in return. When we choose to look for the good in people/situations, we will find it, and more good things will happen to us.

Give your children a puzzle piece - to fill in the happy home picture - every time they find something good in a not-so-great situation. Let them know that a cheerful, optimistic attitude lights up your home and fills it with joy.



## My PERFECT Mother's Day

More often than not, mothers get someone else's idea of a perfect Mother's Day, instead of their own. Not because the family doesn't care or doesn't try, which they do. The truth is nothing would make them happier than to give you exactly what you want. They just don't know what that is.

So, Mom, let's help them out. Instead of three hours at the mall that ends up in flowers or chocolates, tell them what your perfect Mother's Day looks like. Sleep in till 10. Breakfast in bed. An afternoon at the movies with a friend, dinner you don't make, on dishes you don't do. A hot bath with candles and, most importantly, a full day of not doing ANYTHING for ANYBODY.



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