



September

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OPTIMISM

When you believe in yourself and never give in
 Your optimism will always win
 Don't let the challenges bring you down
 Just look for the positive in every frown
 Be strong and never lose sight
 Of all the good that comes with optimism's light
 Face life's struggles with a smile
 And you'll reach success in just a while

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 I see the good in everyone no matter what.	2 I choose to approach life with an open mind and heart.
3 I end my day by thinking about the happy moments.	4 I believe in my ability to succeed.	5 I try to look for the good in every situation.	6 I see challenges as opportunities for growth and learning.	7 Anything is possible if we have the right mindset.	8 Life is too short to be unhappy.	9 I believe in my dreams, they are valid.
10 I have the power to create my own reality.	11 My greatest weakness is not giving up. I will not give up.	12 Everyday is a chance to be a better version of myself.	13 My failures build my road to success.	14 Being caring makes me whole.	15 If I look there are opportunities everywhere.	16 I choose to be happy with what I have.
17 I choose to let go of fear and embrace courage.	18 I wake up seeing the beauty in the world.	19 There is no one I rather be than my self.	20 I am happy with who I see in the mirror.	21 My difference is my uniqueness.	22 What I don't overcome today I will overcome tomorrow.	23 Life is greener on my side.
24 I am my inspiration.	25 When I am challenged, believing in myself gives me strength.	26 I am confident in my voice.	27 I matter.	28 Thinking of the future excites.	29 I am enough.	30 I trust in my inner voice.

Optimism is all about having a positive attitude towards life, even when things don't seem to be going your way. It's like seeing the glass half full instead of half empty. Being optimistic means that you believe that things will get better, even when you are faced with challenges. It's about finding the good in every situation and learning from the bad. Optimism helps you stay happy and motivated, and it gives you the energy to keep going, even when things seem tough. When you're optimistic, you're more likely to take risks and try new things, which can lead to new opportunities and experiences.