

Learning Optimistic Explanatory Style

1. One good thing that happened recently:

How did you contribute?

How could it be long lasting?

How could this good thing influence other areas of your life?

2. One recent challenge or disappointment:

What contributing factors were outside of your control?

How can you take action change the situation or move forward?

Why won't it be permanent?

How have you continued to thrive in other areas of your life?
