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Reaching Your Dreams by Choosing Optimism

Optimism is a great tool to stay motivated to succeed. Whenever a task seems too large, tendencies to dwell on the impossibility leads to perception of mole hills into mountains, and pebbles to boulders. To focus on the silver linings can shrink the clouds. Optimism, and the ability to ignore failure, can help accomplish great things.

Dreams can be big or small, hard or easy, simple or complex. They vary from person to person, the only similarity being the capability to change lives. The accomplishment of a dream is, for many people, difficult. Lots of obstacles present themselves the farther along the work progresses. Only by being positive can one conquer the hurdles.

While being positive, it has been observed that there was a greater resistance to the common cold and better heart health. Not only is thinking positively great for mental health, but it can also improve the physical condition. In a document composed of many studies from the past few decades published by Sonja Lyubomirsky and Laura King, it was debated whether or not positive thinking made a noticeable difference in life. Listed was a study published by Karen M. Gil, James W. Carson, Laura S. Porter, Cindy Scipio, and Shawn M. Bediako, where it was found that happy and positive people with sickle cell disease reported less emergency room visits, fewer medication use, and less work absences. Being positive can help improve the quality of life and therefore allows for more to be achieved.

In my personal experience, refusing to focus on the negative, whether it was a packed schedule, difficult math skills, or a frustrating lack of books, has made my life a lot easier. When I got a bad grade on a math test, I didn't let myself dwell on it, choosing to instead study for the retake and take it as a learning chance. I aced the retake. When my schedule became too full, I was able to slip into a routine and work hard at everything I wanted to do. Once even that became too difficult, I took a breath and decided to take a break from a few things, prioritizing the things most important to me. As I read more and more books, the library was not able to keep up. Soon, there were not many books that interested me anymore. I decided to write more than I read, so I quickly gained reading material and discovered a new passion.

In order to improve self-confidence, thinking positive is a valuable asset. Choosing to look at the good instead of the bad in appearance, personality, and habits can lead to improved self-perception. Instead of finding the imperfections, which are so easy to see, looking for the things that are likable can allow for more self-love, which holds the power to change so many factors about a life.

Positivity can also better memory. When approaching a new skill, thinking about it as something needing improvement instead of as a hopeless cause can actually assist the hippocampus in remembering necessary parts about the process. As a result, it comes easier and more favorable. The cycle continues as the skill becomes more enjoyable and straightforward, and more experiences are gathered. Because of a positive attitude, new skills and talents may come easier and become more gratifying.

Positive thinking will also affect the immune system. With a positive thought process, one can cope with stressful situations and maintain healthy social relations.

Positive thinkers develop a support system and can handle more trying experiences as well as dealing with difficult people. Because of how well positivity can handle problems, the immune system benefits.

When working toward a dream, it is important to stay positive for it can make it easier to succeed. For example, when applying to colleges, being discouraged by acceptance rates and quitting ensures that it will not ever happen. If the glass is half-full, then percentages and daunting odds will not be fazing. Giving up and giving in is a surefire way to fail more than putting forth the best effort possible and prospering, no matter how unlikely it seems. By using positivity as a tool and making it a habit to find the sunshine, life becomes easier as physical and mental health, memory, problem-solving, and self-esteem, and immune system improves.