

Optimism Quote Finder Activity

What are sorts of things people say about optimists/optimism? To explore this further do a search online to find quotes about optimism. Find five you like and write them below:

1:

2:

3:

4:

5:

Which one of these quotes is your favourite and why?

If you turned this quote into a goal what might your goal be to be more optimistic?

Think of a person you like or admire for their optimism, this could be someone you know, a fictional character, or someone in the public eye. Find an optimism quote that you think matches this person

Person:

Quote:

What three things could you do to become more like this person?

1:

2:

3: