

**Polly, Nelly, and Rita – Pessimism, Optimism, Realism activity**

Recall Polly, Rita, and Nelly from earlier sessions. Remember Polly thinks positively, Nelly is negative, and Rita is realistic. Now let us see the kind of things they might say about your future.

Look at each concept in the left-hand column then write a statement that your Nelly, Polly, and Rita might say

<p><b>Concept</b></p>	<p><b>Nelly might say</b></p> 	<p><b>Polly might say:</b></p> 	<p><b>Rita might do to help you plan for this:</b></p> 
<p><b>A hope I have for my future</b></p>			
<p><b>A dream I have about the future</b></p>			
<p><b>A goal I have for the future</b></p>			
<p><b>A fear I have for the future</b></p>			