

## [One Idea to Become More Optimistic](#)

By [Cordell Parvin](#) on August 29th, 2012

I need for you to ask yourself a question and then give an honest answer. Are you ready?

Are you a person who sees the glass half empty or half full?



Remember, I asked you to give an honest answer.

I have been in your shoes. In my long career, I have been:

- Overwhelmed
- Overworked
- Tired
- Stressed out
- Fearful
- Unexcited about my work
- Disappointed

I believe I was able to deal with those and many other challenges practicing law because I have always been an optimist. Some people would say I have been optimistic when I had no reason to be optimistic. In other words, they believe I was sometimes unrealistic in my optimism. My critics may

be right. But, I would argue that my optimism enabled me to see possibilities, when I was experiencing difficulties.

I recently read [How I Became an Optimist](#), a [Harvard Business Review quest blog post](#) written by [Tony Schwartz](#). He describes historically being a cup half empty person because he believed being a pessimist was realistic. In deciding to become more optimistic, he created a ritual based on realistic optimism – “namely the practice of telling the most hopeful and empowering story in any given situation, without denying the facts.”

The next time you are pessimistic about an outcome, create the most hopeful and empowering story you can without denying the facts.

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