

# COACHING TIP

to increase span &  
subtleties of OPTIMISM



1. Isolate an area of your life that has fallen prey to pessimistic thinking/feeling.
2. Apply the [tips of Speed and Sustainability](#) covered in previous posts.
3. Go deeper. Think about something in life that frustrates or depresses you—especially if it's something that you have resigned yourself to. If nothing comes to mind, pause, quiet your thoughts, and ask yourself (or ask God, or ask a trusted friend), *“What’s an area of my life where I have summarily assumed that things will never change?”*
4. Name the assumptions you are operating under. For example, if the assumption is around *“I can never make 6-figures”* your assumptions might sound like this: *“I don’t have an advanced degree. I live in a small town. I don’t know enough people. I don’t have the time or inclination to work that hard. People will think I’m greedy.”*
5. Compassionately wrap these assumptions in gratitude\*. Let’s use another example this time. For example, if your topic is *“I can never lose weight,”* compassion might sound like this: *“I have struggled with losing weight because I’ve struggled with setting boundaries for myself. At the time, I did the best I could. I’m grateful that I’m starting to see that when I overeat it’s a sign that I’m working too hard. I’m grateful that I can start to explore ways to change this pattern.”*  
\*The reason for the “gratitude wrap” is that you will keep yourself from further negative thoughts, which can increase your fight-flight response and flood your system with unnecessary cortisol and adrenalin.
6. Continue with awareness and curiosity. Inquisitively and nonjudgmentally consider these assumptions. Keep wrapping them in gratitude.
7. Invite your brain to suggest alternative options. For example, *“I may not have an advanced degree, but neither did Steve Jobs.”* Or, *“I may have used food as a comfort in the past, but I am starting to learn that I can put up safer boundaries without worrying about pleasing everyone to the detriment of my health.”*