

The New View of Optimism

In a recent article in Psychology Today, The Optimism Revolution, a new and more powerful view of optimism is outlined. "Grounded Optimism" a term coined by Larry Dossey, refers to optimism that goes well beyond just having a positive outlook and focuses more on behavior. Dossey states, "Optimists are realists who take steps to solve problems". Seeing the glass half full is a necessary ingredient as it will kick start your behavior.

Most coaching clients are grounded optimists relying on their ability to make things happen with their own behavior and choices. Optimists are confident that if they take responsibility change will happen. They do not rely on wishful thinking, hope or luck. Was I lucky to be in the right place at the right time OR I made a good choice by going to this event which I saw as an opportunity? Believing it is possible is essential and being proactive or responding to opportunities with behavior, choice and action is necessary for success. Success reinforces further optimism.

This new view having less to do with mood and more to do with persistence suggests that an optimist does not need to actually have cheerful disposition. As this article points out, it does not matter if you are a worrier, grump, easygoing or neurotic. Having a cheerful, easygoing, even charming disposition is not enough. It may have the likeability factor but it will not translate into success without the effort that a grounded optimist has regardless of disposition.

Optimists will not always be feeling optimistic when faced with a crisis or problem. Feeling stuck, uncertain, and self-doubt are normal and expected at times. There may be a period of time in which contemplation is taking place before the optimist kicks into gear. You can be assured that the optimist will kick in to action. If their action does not prove successful they will find meaning in their effort and move onto a new choice.

Becoming More Grounded

Here are some questions to consider:

Where are you being optimistic and where are you relying on wishful thinking, hope or luck without action?

Where are you not being realistic?

What do you know you could be doing toward what you hope will change?

When do you get stuck and what will you do to move forward?

If your next step fails, what will you do?

References:

When ready to set goals and take action, refer to my archived e-newsletter, "[Finally Results](#)", January 2005, at www.baystatecoaching.com.

To read more about this new view on optimism and its impact on health refer to June 2007's Psychology Today, The Optimism Revolution by Jill Neimark.

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Coaching assists clients who want to make transformational changes in their lives. If you desire to change an area or areas of your life, feel free to contact me at (978)686-5693 or lisa@baystatecoaching.com for a **FREE consult**.

I thank you in advance for forwarding this newsletter to any of your friends and family who may be interested.
