

How Does an Optimistic Mindset Change My Tomorrow? 767 Words

Optimism is a difficult concept. It can be difficult to be optimistic and positive when living in a world filled with loads of struggles and challenges. Although, it is not impossible. When being optimistic, the positive possibilities for one's life become endless. There have been many examples of how optimism can change not just an individual's life, but all the lives around them. Many who have come before us, who lived in a more hateful world, continued to believe in what our world could truly be. This is part of the reason why our world is what it is today. A lot of times, I myself struggle with being an optimist, but I want to strive to grow my levels of optimism. I want to impact the way I live my life and follow in the footsteps of those who came before me to make our world a better place.

Throughout time, optimism has caused change. Change that our society needed throughout history for our world to become a better place. For example, Martin Luther King Jr. was an optimist who believed that no matter what happened, one day his dreams and plans would come true. He dreamed of a day where all people would be treated equally. That everyone would see how wrong the world was for treating people who were "different" a certain way. He wanted not just those of color, but anyone who felt discriminated against, to be able to get the rights they deserved. Eventually, Martin Luther King Jr. accomplished one of the biggest changes our world had ever seen, equality. He achieved this goal all due to his optimistic mind and believing in what our world could be.

Eleanor Roosevelt, another powerful optimist leader, helped remind our world that for us to change, we must be the ones to change it. Eleanor Roosevelt helped lead many different issues such as women's and civil rights. As the first lady, she knew that she had the power to make a

change. Even after her husband, President Franklin D. Roosevelt passed away, she continued to fight for human rights and for what she thought was right. Eleanor never stopped believing in her goals and what the world had the possibility to be; because of this, she helped make our world a better place for all.

There are many more leaders throughout history whose optimism has helped change our world, such as: Oprah Winfrey, Mahatma Gandhi, Rosa Parks, Winston Churchill, and many others. Despite that I have only learned about these great leaders from history books or informational articles, I know that the changes these leaders have made are much greater than just words on a page. I live in the changed world that these leaders created for the rest of us, and I know that because of their optimism our world has changed for the better. The older I get, the more aware I become of how important it is to be optimistic.

Although I am preaching optimism now, it is easier said than done. It may be easier to say, “I can never accomplish this goal,” “I can never pay this bill,” “I can never make this change.” In order to be able to truly make a difference, you must shut out that voice. Personally, I struggle tremendously with having a positive mindset and believing in what I am truly capable of. Despite this, I know that being positive and optimistic is going to help me get to the mindset I strive to have. It is going to help me achieve the goals I want to accomplish, become a better person, and make a change in the world, just as the ones before me have done.

Speaking from experience, it is easier to fall into the simple trap of a negative mindset. It is easier to listen to that negative voice, but what if the ones before us had fallen into that negative mindset as well? If they had, our world would be drastically different. Our world would not have achieved equality, freedom, and so many other traits that our society is freely given.

Optimism is a life trait that we all can benefit from. We can carry it with us all of our lives, and make the world even better by doing so. When the world begins to shut you out, remember that to make the positive changes you want to see, we must be the ones to do so. Optimism is the key to living the life you strive to live and will help make the world of tomorrow a better place.