

SECOND  
EDITION

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# Optimism BOOSTERS

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**Innovative**  
Resources

—  
Optimism  
BOOSTERS  
—

What are the facts  
in this situation?

POSSIBILITIES

—  
Optimism  
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—

What story am I telling  
myself about this?

POSSIBILITIES

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Where is the evidence for  
what I am telling myself?

POSSIBILITIES

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How else could I look at this?  
What might I be overlooking?

POSSIBILITIES

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What might an on-looker  
say about this?

POSSIBILITIES

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What is my part in  
creating the situation?

POSSIBILITIES

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Who would have a different  
perspective on this?

POSSIBILITIES

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What can I learn from this?

POSSIBILITIES

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How much will this matter  
in five years' time?

POSSIBILITIES

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Optimism  
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What are the positive and humorous aspects of this situation?

POSSIBILITIES

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What is the first step towards  
achieving what I want?

STRATEGIES

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What have I done in the  
past that might help now?

STRATEGIES

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What can I do that  
is different?

STRATEGIES

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Who else could help me  
to change this?

STRATEGIES



What are others doing in  
similar circumstances?

STRATEGIES

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What am I doing that has  
stopped things from getting  
worse?

STRATEGIES



If my worst-case scenario happens, what will I do?

STRATEGIES

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What action will  
I take tomorrow?

STRATEGIES

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How can I enjoy the process  
while I change things?

STRATEGIES

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What can I do that others  
might not expect?

STRATEGIES



What do I actually  
want to achieve?

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How would I prefer  
things to be, ideally?

GOALS

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How can I make my  
goal more specific?

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How can I go for  
a smaller goal?

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Optimism  
BOOSTERS  
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Which parts of this  
are up to me?

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Optimism  
BOOSTERS  
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How much do I want  
things to change?

GOALS



What is already going well?

GOALS

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What is the optimistic view of how things could turn out?

GOALS

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Optimism  
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What will it be like  
when things are the  
way I want them to be?

GOALS



Who will notice first  
when things improve?

GOALS