

FAILURE IS NOT OPTIONAL IT WILL HAPPEN

What do you tell yourself when it does?

The 3 Ps of Pessimism vs. Optimism

Permanence:

This is permanent; it will last forever.

vs. This was a temporary set-back.

Pervasiveness:

My whole life will fall apart!

vs. The rest of my life will remain intact.

Personalization:

I'm an awful person; this is all my fault.

vs. I'm responsible only for my own actions.

Shift your Ps into OPTIMISM!