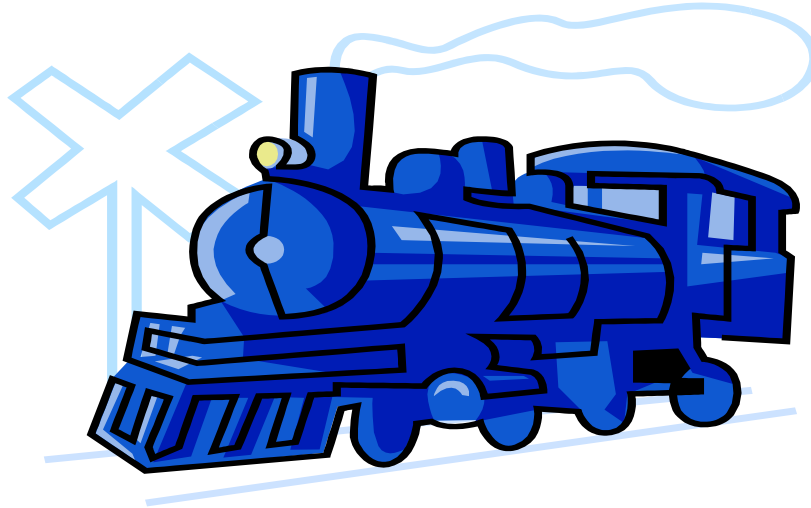


THE LITTLE ENGINE DID, AND SO CAN YOU!

The Power of Optimism



Key Definitions

Optimism – an inclination to put the most favorable construction upon actions and events or to anticipate the best possible outcome.

Pessimism – an inclination to emphasize adverse aspects, conditions, and possibilities or to expect the worse possible outcome.

Realism – concern for fact or reality and rejection of the impractical and visionary.

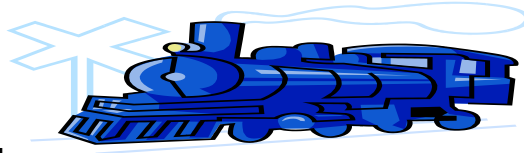
Worry – to torment one's self with disturbing thoughts; to choke or to strangle.

Definitions taken from: *Merriam Webster's Collegiate Dictionary, 10th Edition*



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The Little Engine Did...



And So Can You!!!



NOTABLE *OPTIMISTIC* THOUGHTS:

“The pessimist sees the difficulty in every opportunity and the optimist sees the opportunity in every difficulty.”

Abraham Lincoln

“The only disability in life is a bad attitude.”

Scott Hamilton

“Being an optimist does not mean being a ‘Pollyanna, hear-no-evil-see-no-evil’ type. There is a soft-headed type of thinking that masquerades as optimism, but it is quite different from the practical (tough-minded) approach that brings success.”

Alan Loy McGinnis

“I am an optimist. It does not seem too much use being anything else.”

Winston Churchill

“I have nothing to offer but blood, toil, tears, and sweat....”

“You ask, what is our aim? I can answer in one word: It is victory, victory at all costs, victory in spite of all terror, victory however long and hard the road may be; for without victory, there is no survival.”

Winston Churchill

His first address as Prime Minister from the House of Commons
to his countrymen on Sunday night, May 1940

“Whether you think you can or think you can’t, you’re right!”

Henry Ford



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Benefits of Being an Optimist



- Superior health
- Greater achievement
- Persistence
- Emotional health
- Increased longevity
- Less stress
- Victorious in failure
- More self-confidence
- Adapt easily to change
- Improved performance in every area
- Inspires others

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How To Become An Optimist



Part one: It's all in your head!

- Expose yourself to right thoughts
- Remain open-minded
- Stay well-informed
- Focus on successes.....minimize failures
- Visualize yourself optimistic

Part two: Actions speak louder than words!

- Speak positive affirmations
- Utilize positive self-talk
- Become pro-active
- Perform good deeds
- Network with optimistic people

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Workshops available with Champion Communications:

Blow A Bubble, Not A Gasket!

(Stress Management Techniques That Really Work!)

Popeye and Popsicles or POP Goes The Weasel!

(The Importance of Humor in the Workplace)

The Garbage Truck Comes On Tuesdays and Fridays!

(Neutralizing Negatives – Remaining Positive While Experiencing Negatives)

Normal Is Gone, And It Won't Be Back!

(Coping With and Embracing Change)

YOU SAID WHAT?!#%?&#??

Communicating Effectively: Listening and Speaking, In That Order!

Succeeding At Classroom Management When Plan “Q” Fails!

(Student-Teacher Relationships / Teaching Techniques / Discipline / Learning Environment, etc.)

“It’s Been A Pleasure Doing Business With You!”

(Customer Service “Redefined” / Salesmanship Skills)

When Your Blood Starts Boiling, Don't Let It Cook Your Goose!

(Conflict Resolution and Anger Management)

**To Boldly Go Where Few Have Gone Before:
Leadership Skills for the 21st Century!!**

A New Day Or Just Another One?

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Teamwork: United We Stand, Divided We Need Excedrin!

“Putting Your Best Foot Forward...!”

(Successfully Planning, Directing, And Managing Your Career)

Sock It To Me, Socrates: Know Thyself and Other Treasured Wisdom

(Balancing Your Personal, Career, and Family Lives)

Leading From The Sidelines: A 21st Century Approach To Management

(Coaching Skills for Managers; How To “Coach” Your Employees)

Mentoring: Marching To The Beat Of A Good Drummer!

(Forming relationships that help maximize productivity, reduce burnout, & assimilate new employees quickly.)

The Little Engine Did, And So Can You!!!

(The Incredible Power Of Optimism To Energize Life And Propel An Organization Forward!)

For more information on how you can schedule one of these presentations, call or write:

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