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Section 3: Findings and Analysis

The purpose of this section is to determine the relationship between optimism and success. To do this, we take a two-step approach. Firstly, we outline the negative outcomes that come with optimism and then finally the positive outcomes were analyzed.

3.1 Negative Outcomes

The common view that people should always feel positive about themselves has caused the power that negative thinking holds to be shunned by society. This rejection is dangerous since negative thinking promotes truthful and realistic appraisals.

“Truth matters to people, even if it is at the expense of feelings of well-being, self-satisfaction and social adjustment”

-Jopling (1996) ^[7]

Furthermore, Woolfolk (2002) ^[8] commented that

“... negative thinking is not only valuable, but indispensable, and suggest that we give much too little attention to acknowledging, confronting, accepting, and perhaps even embracing suffering and loss. I want to suggest also that there may be worse things in life than experiencing negative affect. Among those worse things are ignorance, banality, credulity, self-deception, narcissism, insensitivity, philistinism, and isolation”

Also, it has been noted that positively thinking people’s expectation of their performance is often an overestimation of reality (Fredrickson, 2001). ^[9] These mildly distorted positive perceptions have been referred to as positive illusions (Taylor and Brown, 1998) ^[10] and include overly positive self-conceptions, an exaggerated perception of personal control, and an overly optimistic assessment of the future (Taylor & Armor, 1996). ^[11]



4.1 Recommendations

- It is best to think life is something you can mold yourself. Be the change you wish to see in others.
- Remember, the power of the mind is great. It influences your life more than you know. If you think you can do something, you'll eventually do it if you don't quit. If the first step you do is that it's impossible, no matter what you do, or how you do, you won't be able to accomplish that task.
- There will be toxic people throughout your life. Don't let them affect you in any way.
- Optimistic people lead the way for others to follow. Try to build integrity for it compliments optimism to a great degree.
- Every religion calls on to be optimistic. It's about how you connect the dots. For example, in Islam there's an optimistic thinking. If God loves you more than own mother can ^[18], then He always wants the best for you. Also if not a single leaf can move without the permission of God ^[19], then whatever is happening in your life, is according to His Will. Therefore, if He wills it and He loves you so much, then whatever happens in your life is for your own good and betterment. One should stop resisting the waves and blend in with them in harmony.