

The 12 practices of **HardOptimism**

practice 1

3 Control the life-shaping power of your thoughts and attitudes.

practice 2

9 Assess your current level of optimism.

practice 3

15 Develop the *explanatory style* of an optimist.

practice 4

21 Eliminate the *explanatory style* that pessimists use.

practice 5

27 Recognize and dispute pessimistic thoughts.

practice 6

33 Use *positive reappraisal* to handle problems and disappointments.

practice 7

39 Make hope a habit.

practice 8

45 Know how and when to use negative thinking.

practice 9

51 Practice gratitude and forgiveness.

practice 10

57 Play to your *signature strengths*.

practice 11

63 Go for *flow*.

practice 12

69 Act the way you want to feel.