

# 5 Characteristics of Optimists

Optimists share positive characteristics that increase overall happiness and promote health, while reducing depression and stress

They think about, reflect on, and emphasize the good things in life.

They believe in abundance.

They are confident that the world offers plenty of opportunities for everyone to succeed.

They are grateful and thankful for all their blessings.

They feel that nothing can hold them back from achieving success and reaching their goals.

619-600-0683

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