



High School

Name: _____

Date: _____

Optimism

Read each scenario and identify the pessimistic response and then an optimistic response.

	Pessimistic Response	Optimistic Response
You have a big test coming up in the subject that you struggle with the most.	I'm never going to pass, there's no point in even trying.	I'm going to study and do my best. If I still need help, I'll ask my teacher.
You are submitting an application to a competitive internship program.		
Auditions are coming up for a school play. You really want one of the main roles.		
You want to join a sports team but heard that over 100 people are trying out.		