

## **Optimism is Finding the Good in the Bad**

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The technical definition of optimism is “hopefulness and confidence about the future or the successful outcome of something.” Not everyone understands the real value that optimism has or the ways that people show it, but it can be as simple as waking up in the morning and believing that today is going to be a great day. Growing up with people who believe that I have a bright future ahead of myself and there are no limits to my goals, it's extremely easy for me to be optimistic to the people around me and my community.

Being optimistic means always finding the bright side of things, and seeing the glass half full instead of half empty. I try my best to show optimism to students and teachers throughout my school. Even asking others how their day is going, I try to get responses like “Fantastic” and “Great” instead of the plain old “Good” or “Fine.” The optimism that I show reflects on myself, which can reflect on others to show them that they can feel comfortable being themselves around me. Being a source of positivity for those around me not only makes me feel good about myself, but to other people around me try to be that same source to their friends and peers. Nobody taught me that better than my mom, who shows me everyday that positivity can go a long way.

A couple years ago, my parents had gone through a divorce, and from there things have changed our lives. I went through a pretty tough time, adapting to a whole new home environment which never really hit me until I got older. Seeing that I was struggling, my mom totally changed the way I see things. She became that source of positivity for my brother and I, and still is to this day. She has worked and still works so hard to make sure that my brother and I always have a smile on our faces. Seeing the way she can turn the bad into good and see the bright side of things is one of the main reasons why I try my hardest to impact the people around

me the way she's impacted me. I would not be the person I am today and thrive to be in the future if it wasn't for her showing me that things will turn out okay in the end.

I believe that everyone should have a source of positivity and try their best to be optimistic about their lives. You will not only be benefitting yourselves, but the people around you. Take a minute to appreciate all the good in your life, and try to train your brain to notice and recognize those things as they happen in your everyday life. As Alice Morse Earle once said, "Everyday may not be good, but there is something good in everyday." Find that good in those days, and it will make your life so much better.

WORD COUNT: 495