


Put on your positivity specs!

'Putting on rose-tinted spectacles' (or glasses) means taking a positive view of things.

For example...

- Looking for the positives, even when things don't work out.
- Expecting something good from a new situation or meeting new people.
- Remembering that tough times don't last forever, and having some hope for the future.



Another word for positivity is **optimism**



Optimism won't change a situation, but **optimism** can change how it feels