THINKING OPTIMISTICALLY SCENARIOS

→ Coming last in a swimming race.

→ Winning the poetry competition.

→ How is your day going?

→ Are you looking forward to the school holidays?

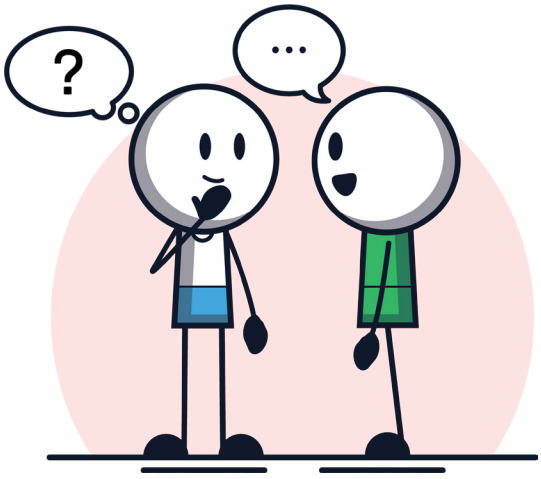
→ You audition for the school play, but don't get the lead role you were hoping for.

→ Your brother is texting in the car while he is driving you to the movies.

→ The cake you baked didn't turn out as well as the recipe's picture.

→ You don't have any of your friends in your new class at the beginning of the school year.

→ You have sprained your ankle the day before Cross Country carnival.



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