

19 October 2017

Be positive and optimistic

Good morning, teachers and students. Today, the topic that I want to share with you is: Be positive (積極) and optimistic (樂觀).

First of all, I would like to introduce four words to you. They are **“optimistic (樂觀)”**, **“pessimistic (悲觀)”**, **“positive (積極)”** and **“negative (消極)”**. “Optimistic (樂觀)” means “expecting good things to happen or something to be successful”. “Pessimistic (悲觀)” means “expecting bad things to happen or something not to be successful”. “Positive (積極)” means “thinking about what is good in a difficult situation, feeling confident and hopeful”. “Negative (消極)” means “considering only the bad side of something or somebody, lacking enthusiasm or hope”.

Boys and girls, I strongly encourage all of you to **be optimistic** and always expect good things to happen and something to be successful. Do not be pessimistic and expect bad things to happen or something not to be successful. Whenever a pessimistic feeling comes to your mind, tell yourself firmly to stay away from such a feeling and keep yourself optimistic.

Besides that, boys and girls, **always try to be positive** and think about what is good in a difficult situation. Be confident, enthusiastic and hopeful. Never consider only the bad side of something or somebody. Keep yourself positive and stay away from negative feelings and mindset.

To be optimistic and positive, you need to “learn” it. “Learn” is a special word. “Learn” does not only mean to acquire and gain a knowledge or skill. “Learn” also means “to study and repeat something in order to be able to remember it”. In other words, you have to make efforts in learning. “Learn” also means “to gradually change your attitudes about something so that you behave in a different way”. In other words, if you’ve really learned something, you will have a different attitude and behavior.

In order to learn to be optimistic and positive, I suggest **two changes in**

your attitudes whenever you are facing a difficult situation.

Firstly, whenever you are facing a difficult situation, tell yourself this is changeable and we can do something to change it. Most of the problems have external and internal factors. Frankly speaking, we may not be able to change the external factors and environment, but we can do something on the internal factors and ourselves. We can change our behavior and mindset. For example, as mentioned in a morning assembly last week, if you feel sleepy during lessons, you may not be able to change the external factors such as teachers and lessons. But you can change yourself and do something to keep yourself awake. You can sleep earlier. You can take breakfast before the lesson. You can take a shower in the morning. You can keep on asking questions to keep yourself awake. You can also ask your neighbor to keep you awake. You may even seek the permission of your teacher and go to the toilet to wash your face. So, boys and girls, always remind yourself that most of the problems are changeable. We can do something to change it. Keep yourself optimistic and positive.

Secondly, whenever you are facing a difficult situation, tell yourself this is not permanent; this is just temporary. If you are very nervous about the uniform test, tell yourself this is just temporary. It will finish on 31st October. When you are facing a severe typhoon and storm, tell yourself this is just temporary. Soon, it will pass. This way of thinking will keep you optimistic and positive.

Boys and girls, be optimistic and positive. Whenever you are facing a problem or difficult situation, remind yourself **this is changeable and this is only temporary.** Try to allow adversity and bad things to refine you, but not define you. Life isn't about waiting for the storm to pass. It's about learning to dance in the rain. Thank you.