

Go Ahead Be An Optimist!



M.J. Ryan, life coach and author of *The Happiness Makeover*, says that it's possible for just about anyone to revamp their thinking. "Training your brain is like training a puppy," she says. "It wanders everywhere, but you need to keep bringing it back to the upside."

So the next time things don't go your way, try not to fall into your usual way of thinking. If you get steamed over small things, like waiting in a long line, the next time it happens tell yourself that this is a great opportunity to stand still and close your eyes while you wait. Or keep a magazine with you and read about something you are interested in so that you don't feel like you are wasting your time.

It might surprise you how little changes can make you feel better in a big way.