I would describe myself as a happy, upbeat person, which isn’t to say that I don’t have down days. I have been through some rough experiences in my life, but I have learned to see change as a challenge and an opportunity to learn something new. I care about the people in my life, and I try to show them how special I think they are. I also enjoy playing the piano; in fact, lately I have been writing my own music.
Case Study

• Olivia is an example of someone with a generally positive outlook on life.

• Do you know people like Olivia?

• How does it make you feel to be around them?

Notebook Question

• Can you tell the difference when you are around a person with a negative outlook on life compared to someone with a positive perspective?
Presented
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Fitness