

Renewal, Hope, and Optimising

As the weather warms, long-buried seeds of possibility start to wake and strive towards the light. Spring brings new beginnings and new energy into our lives. What will you plant in your garden this year?

Optimism is a large part of gardening. You rake the ground, bury the seeds, water and weed and wait. The work you do in a garden doesn't necessarily give an immediate return, but you're sustained by the thought of your eventual harvest of succulent fruits, nutritious vegetables, or beautiful and sweet-smelling flowers.

This spring, what will you plant? Like seeds, even small changes in your life can yield large results. But remember that even though a seed planted will often grow by itself, the best crops come from well-tended garden plots. Once your garden is established - once you've made the decision to change jobs, or start a creative hobby, or improve your communication skills - don't just walk away and hope for the best.

No, that's when it's time to start optimising. No such word I hear you say. Well, there certainly should be is my very definite response to that. Optimism is such a powerful force that it needs to be a verb, because optimism without action is dangerously close to merely wishful thinking. For those who are serious about achieving their goals in life, being optimistic has to be about action and habitual behaviours. Your positive mental attitude needs to be balanced by an "I can, I will" philosophy of life. Dynamic optimism helps to make your mind more alert and open to opportunities, your imagination and creative powers more active; it will make you more enthusiastic about the challenges of life and, in all likelihood, will help to increase your willpower to succeed. Effective optimists are rational and objective-focused, just as much as they are positive.

Good harvests come from productive activity focused on a goal, with the expectation of a positive outcome. This expectation is important: optimism strengthens your sense of purpose and clarity. You don't tend a garden with the constant thought of "I hate vegetables, and it will all rot before I can pick it anyway." Or if so, perhaps you've planted the wrong things!

Optimism is the fertiliser that nourishes your emotional and spiritual garden. Apply it regularly, in thought and deed, and watch your garden grow strong and healthy!

About the Author

<http://www.mylifeismybusiness.co.uk>

Source: <http://www.spivo.com/articles>