Some people appear to be invincible optimists. Uplifted and positive, seemingly able to cope with whatever life throws at them. Others are born pessimists, drawn towards the negative in everything. Often faced with a choice they will inevitably choose caution, expecting the worst rather than the best. At the extremes, there are two different ways of seeing the world that can pull people towardsires.

Australians have a phrase for someone who is always seeing the bright side of things: ‘chip on their shoulder’. In a nutshell, this person is a ‘sunshine’ person, and will see even the most negative of situations in a positive light. They are likely to be more upbeat, have a greater sense of self-worth, be more sociable, and have more friends, and are more likely to be successful in their careers.

The opposite to a ‘sunshine’ person is the ‘cloud collector’, someone who is always looking for the silver lining in a cloud, and is likely to be less successful than their ‘sunshine’ counterparts. They are likely to be more depressed, less able to cope with stress, and less sociable.

It is generally accepted that optimists and pessimists are more likely to see the world in a certain way, and that this way of seeing the world is likely to influence their future actions. This is likely to be true, but it is also important to note that this way of seeing the world is not fixed, and can change over time.

There is some evidence to suggest that optimists are more likely to be successful than pessimists. For example, optimists are more likely to be employed, more likely to be happy, and more likely to have a better quality of life. However, it is also important to note that pessimists are more likely to be unhappy, and more likely to have a poor quality of life.

Some people are born optimists, while others are born pessimists. However, it is also possible to change your way of seeing the world, and to become more optimistic. This can be done through a variety of methods, including positive thinking, positive self-talk, and positive affirmations.

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