

Dear Families/Caregivers,

Life is filled with ups and downs. Studies show that people who think optimistically are more resilient and better able to navigate the ups and downs. Although optimism is considered to be a personality trait that some people are born with, it is also a teachable skill.

In this lesson, your teen learned strategies for being an optimistic leader. Leadership requires optimism. Optimistic leaders inspire people to grow and achieve more than they ever thought they could. Optimistic leaders seek new opportunities and focus on solutions.

Some strategies of optimistic leaders include:

- Look at the Big Picture**
- Expect Setbacks and Move Forward**
- Act on Opportunities**
- Demonstrate Hard Work**
- Empathize with Others**
- Recognize the Achievements of Others**

Encouraging your teen to be an optimistic leader will not only help your teen—it will help those in your teen's sphere of influence!