One of those funny things about life is that we usually find what we are looking for… It was once said that we reap what we sow. An optimist will see the positive side. A pessimist will see the negative.

Consider the following example. Once there were two kids and they were very thirsty. They each went into the kitchen at home and their moms poured them a half a glass of lemonade. Was this glass half full or was it half empty? The first kid was an optimist. He looked at everything positively and thought that the glass was half full; the second kid was a pessimist. He could only see things in a negative way and thought the glass was half empty. Now these moms loved their kids very, very much! Which child felt that mom didn’t love him? Which child felt loved?

Ultimately, both the pessimist and the optimist are correct. However the consequences of their thinking are worlds apart. In reality, the glass is both half full and half empty. How we choose to look at things affects our mood and our actions. Which in turn, affects those around us. It affects how we relate to those we love and who chooses to be our friends.

Let’s take a look at the popular childhood “Winnie – the – Pooh” stories. There was Winnie the Pooh, Piglet, Christopher Robin, Owl, Tigger, and Eeyore. Which one of these characters was the most fun to be around? Which one was the grumpiest? If you had to pick one of these characters to be your best friend, which one would you pick first? Which one would you pick last? Why? Which one are you most like?