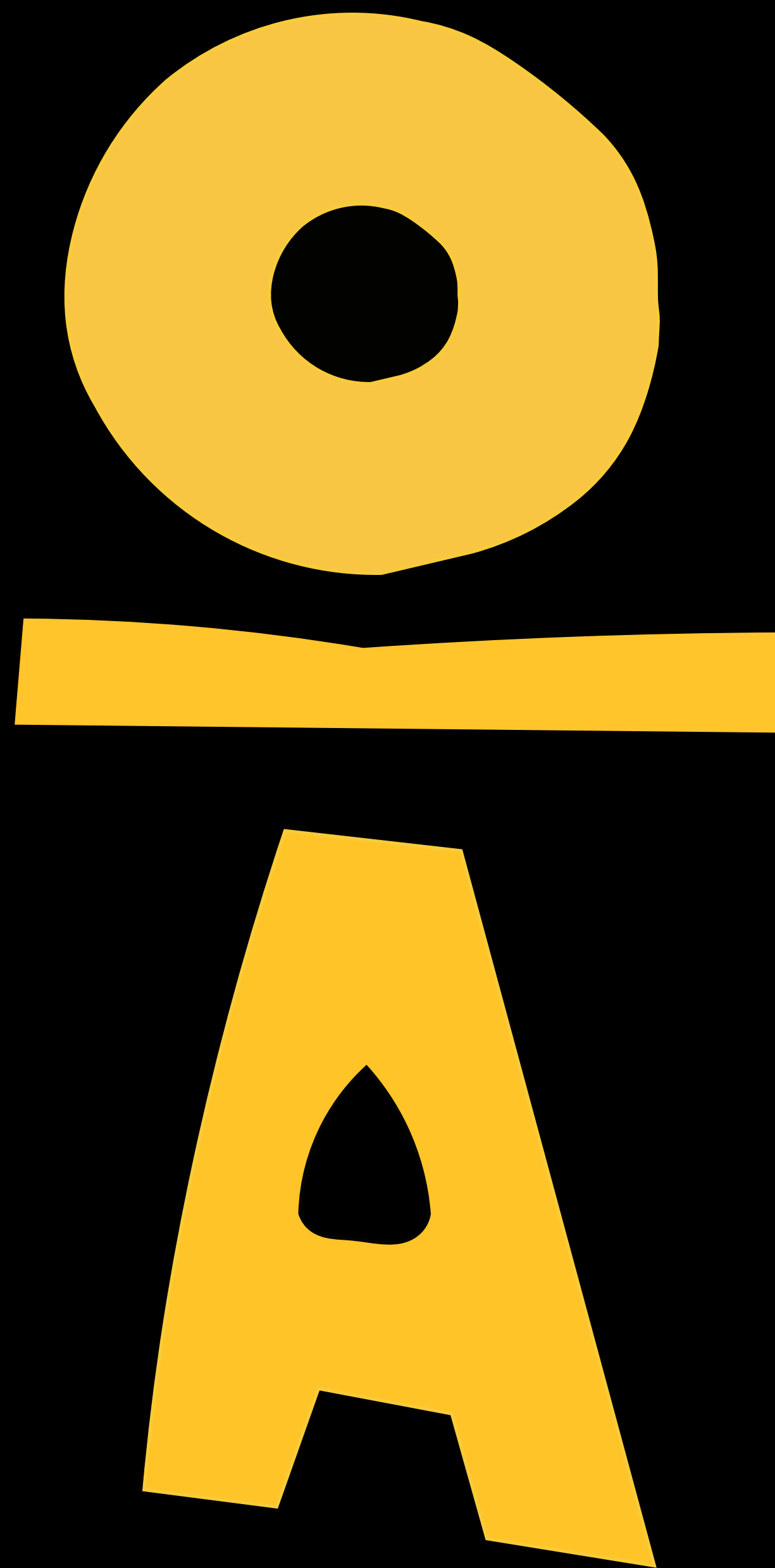
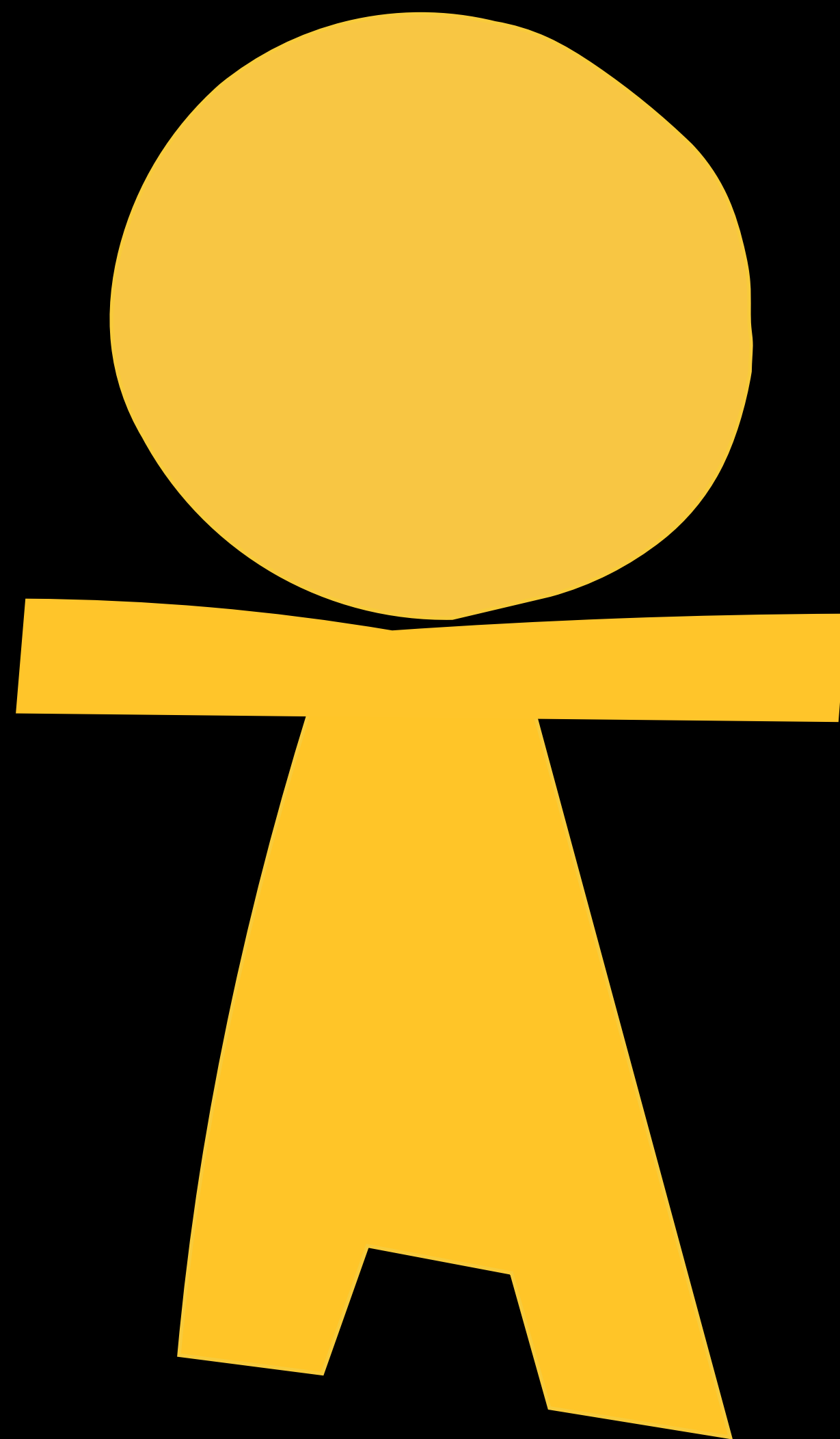




**Life  
is Good<sup>®</sup>**

*Kids Foundation*





















**CORE**

**OPTIMISM IS THE SINGLE MOST IMPORTANT  
TRAIT THAT A PERSON CAN HAVE.**

**BELIEF**



**OFFICIAL**  
Optimism Assessment  
Instrument





**dswdfgjhtjhienkgeqo  
fhnbskwkshuwiqoqp  
aamsegsooadgaekl  
gdjshwqssgswvnm**



dswdfgjhtjhienkgeqo  
fhnbskwkshuwiqqp  
aamsegsooadgaekl  
gdjshwqssgswvnm



**YOU**  
**THE GOOD**  
**YOURSELF**







OTHERS

THE  
GOOD







**THE  
WORLD**

**THE  
GOOD**



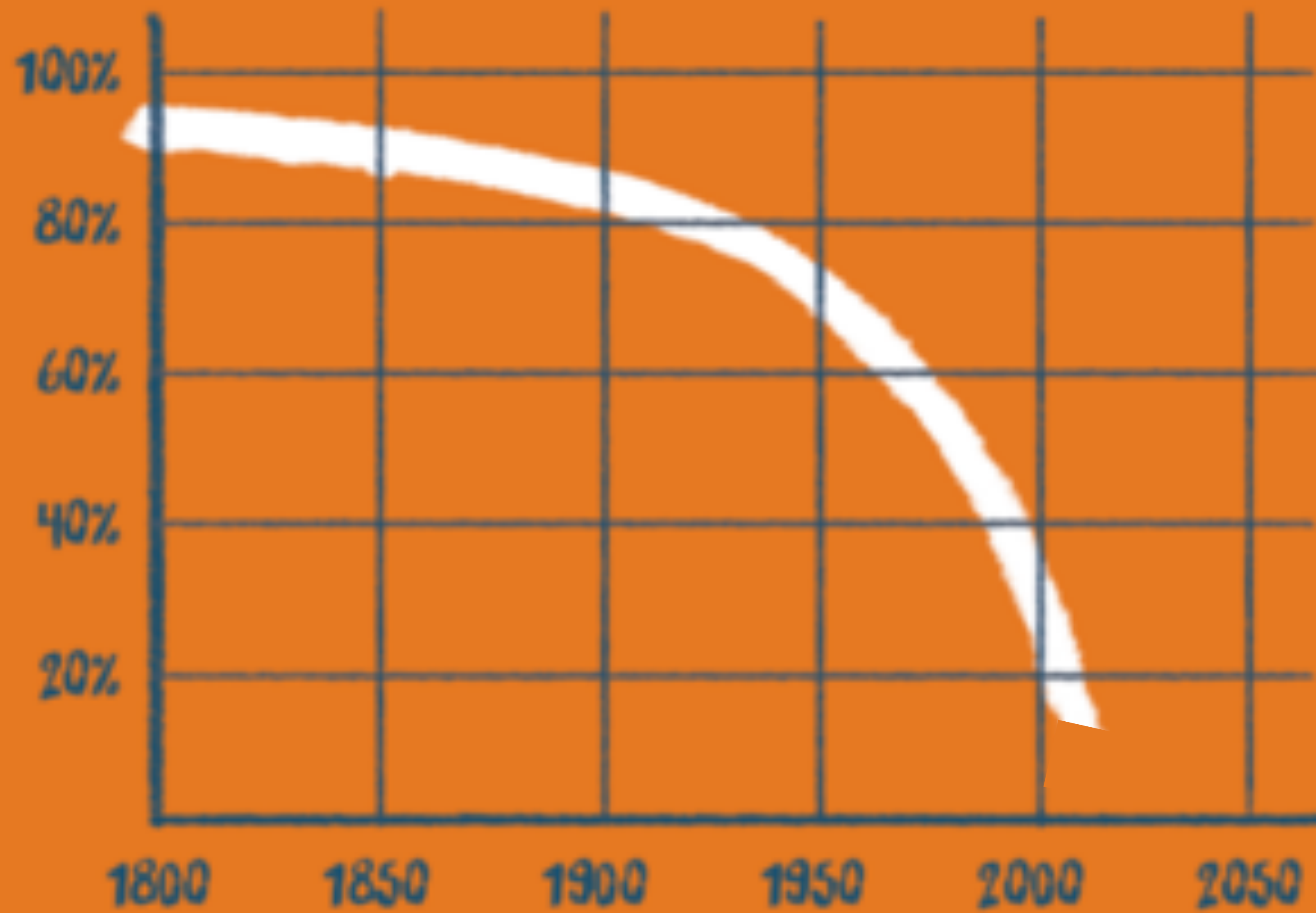


*“Here’s your problem—it looks like you’re paying attention to what’s going on.”*

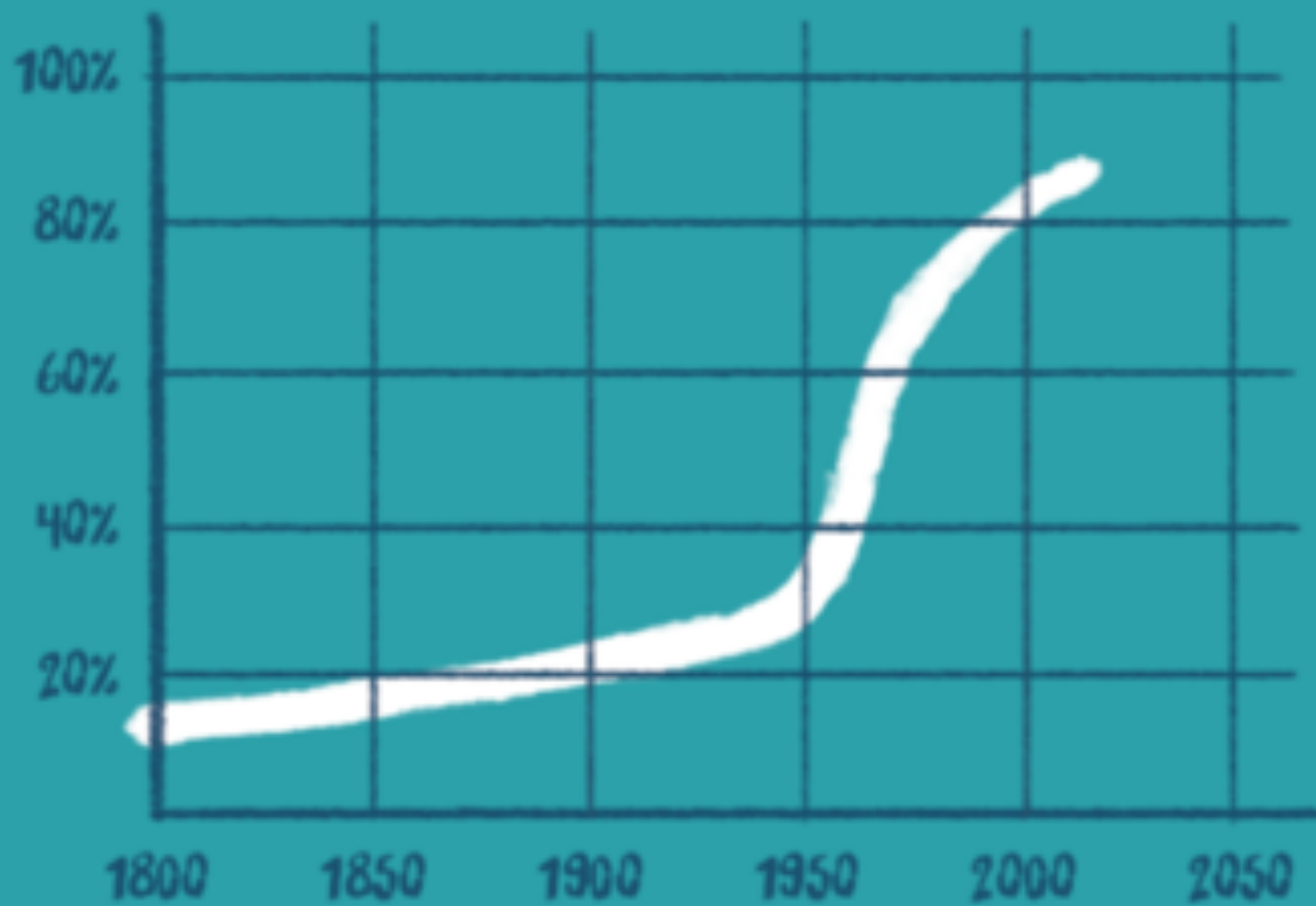




# GLOBAL POVERTY

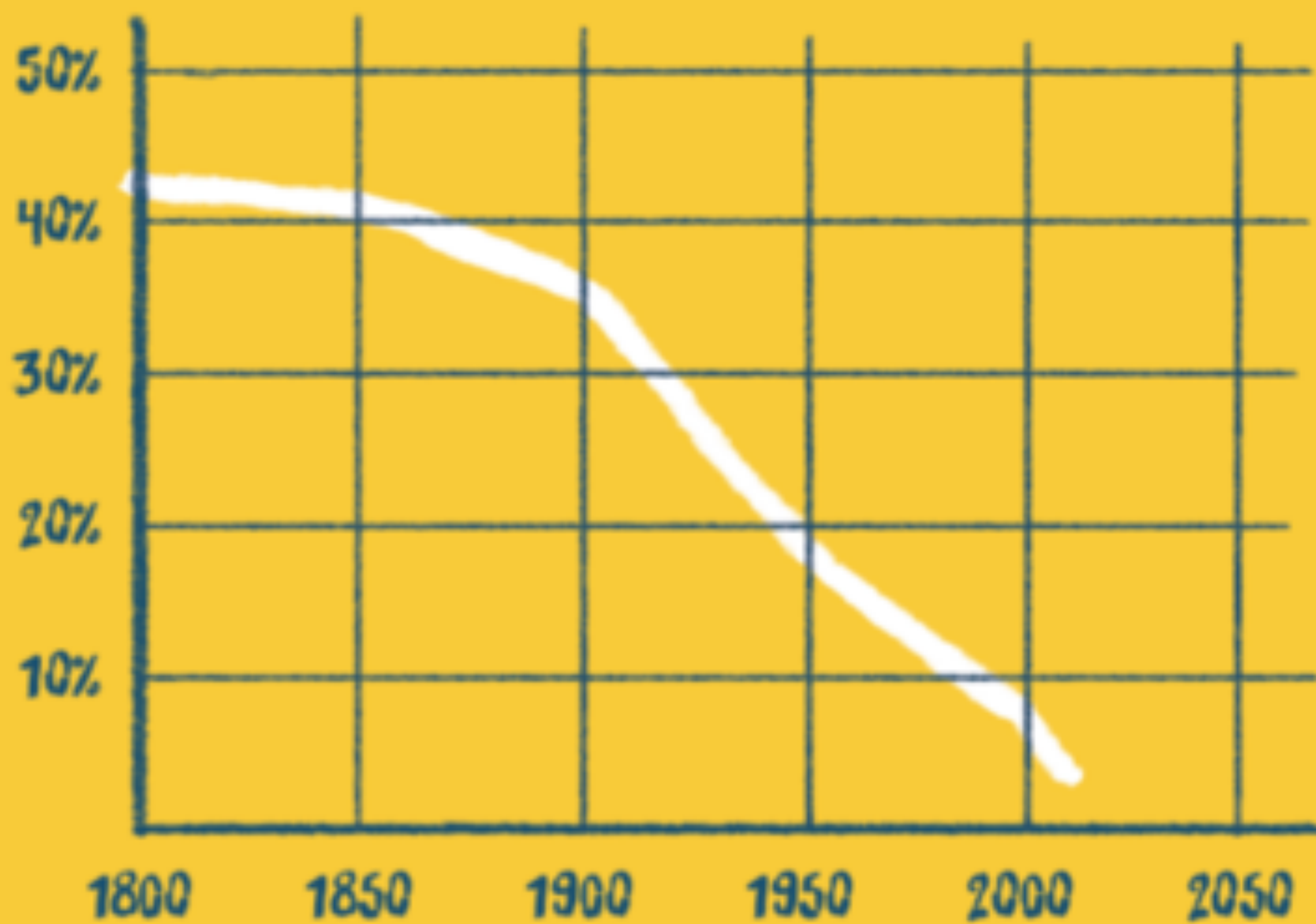


# GLOBAL LITERACY





# GLOBAL CHILD MORTALITY





g Trauma  
ing Lives

Peace and



ove

DAVID



INGE

and L



**OPTIMISM UNLOCKS OUR SUPERPOWERS.**



**SUPERMAN**





**WONDERWOMEN**



**TOM BRADY**





**YOUR AVERAGE KID**

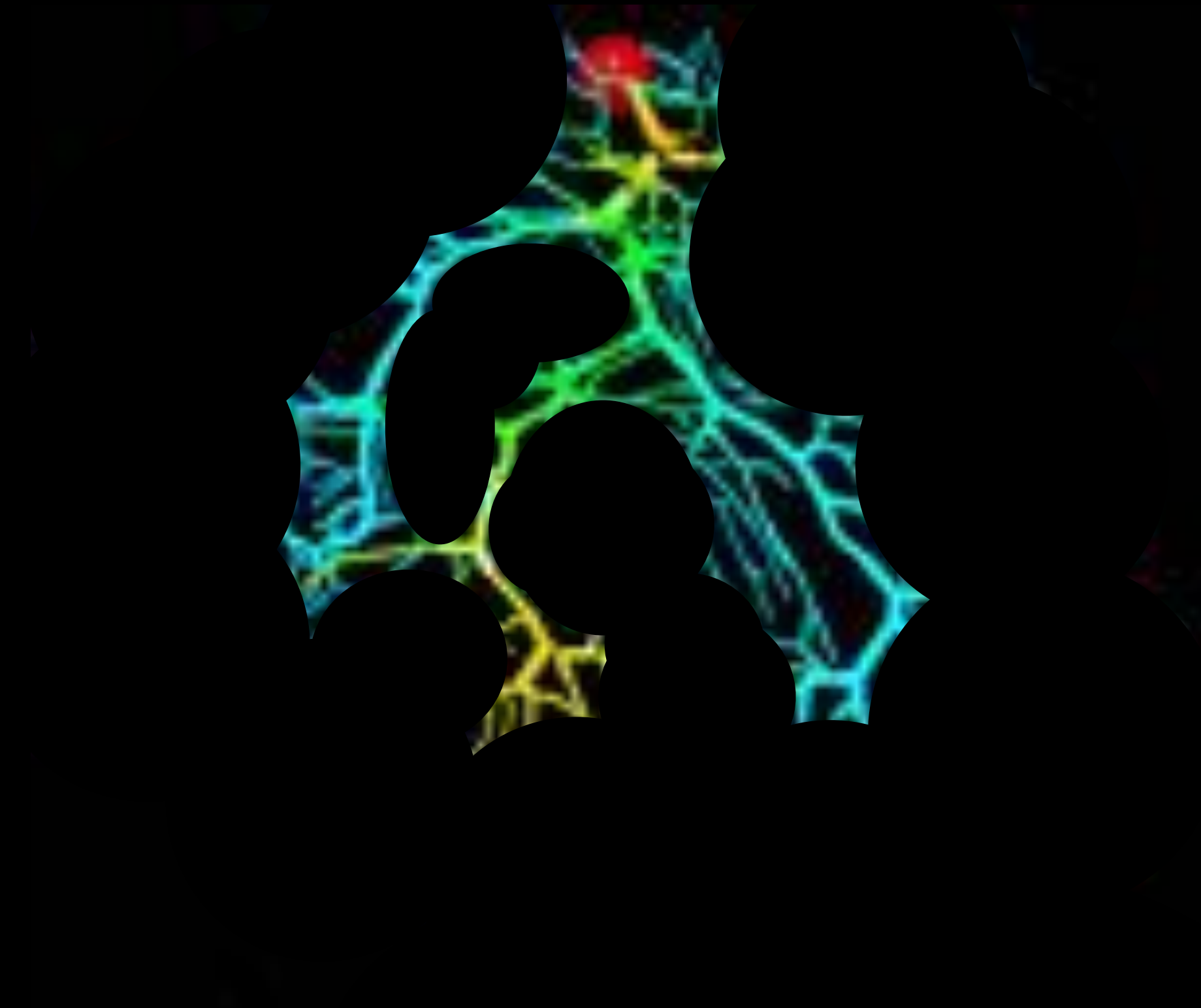
**TOXIC STRESS CAN DESTROY OPTIMISM.**



# Panksepp's Rats



# **Dendrite Development**



**Unenriched Environment**



# **Dendrite Development**



**Enriched Environment**

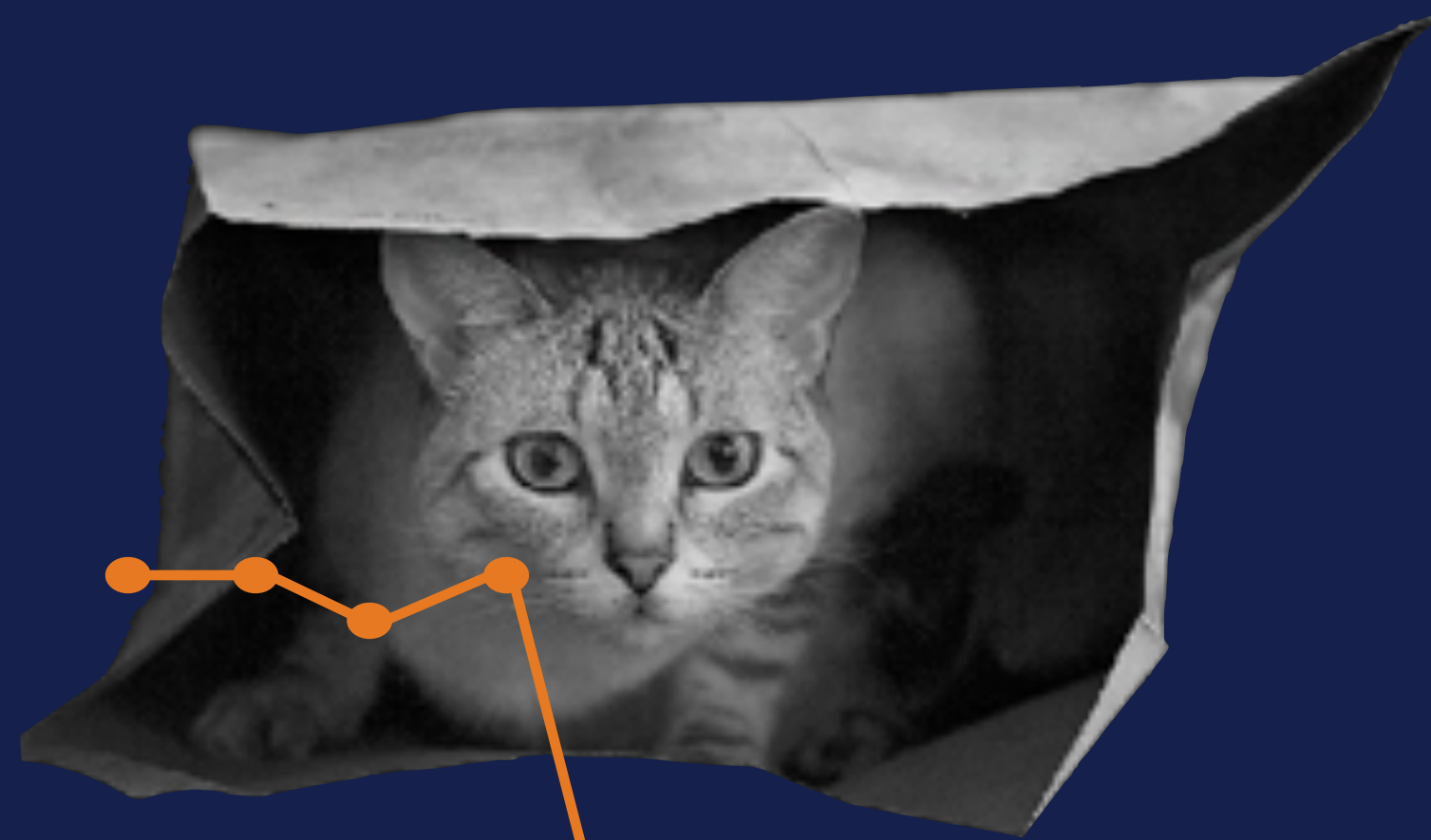
**Play**

**Lots**

**Some**

**Little**

**None**



**1**

**2**

**3**

**4**

**5**

**6**

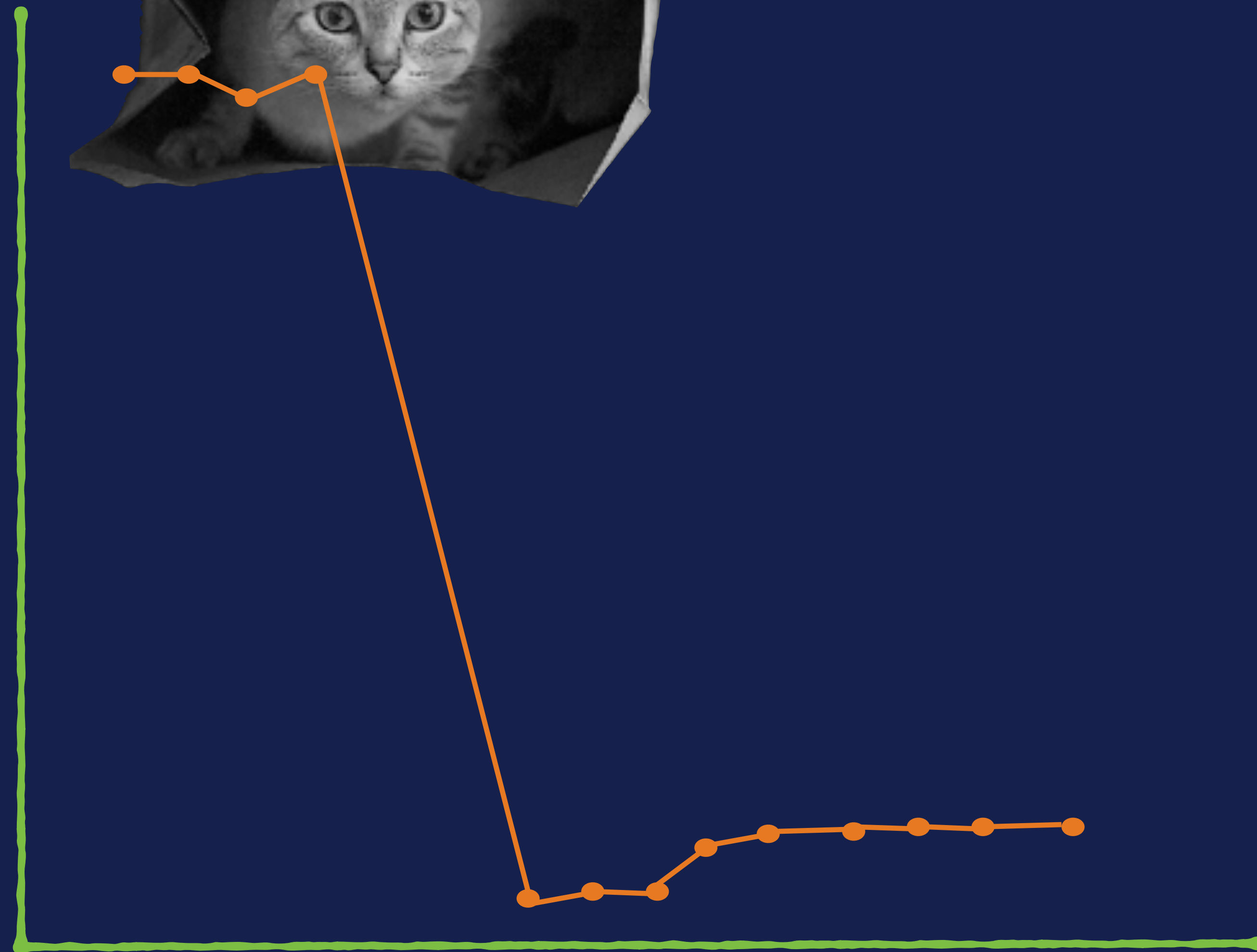
**7**

**8**

**9**

**10**

**Days**





CORE

**OPTIMISM CAN BE GROWN.**

BELIEF

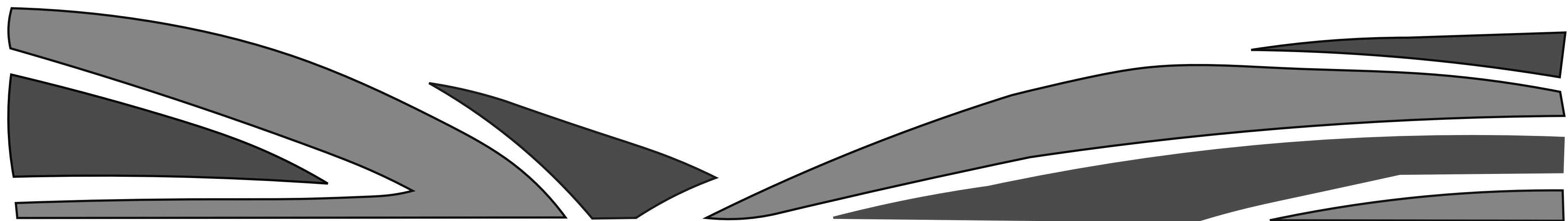
# OPTIMAL ENVIRONMENT FOR HEALING & LEARNING

**Oasis + Play = O'Playsis**



O'Playysis

Joy

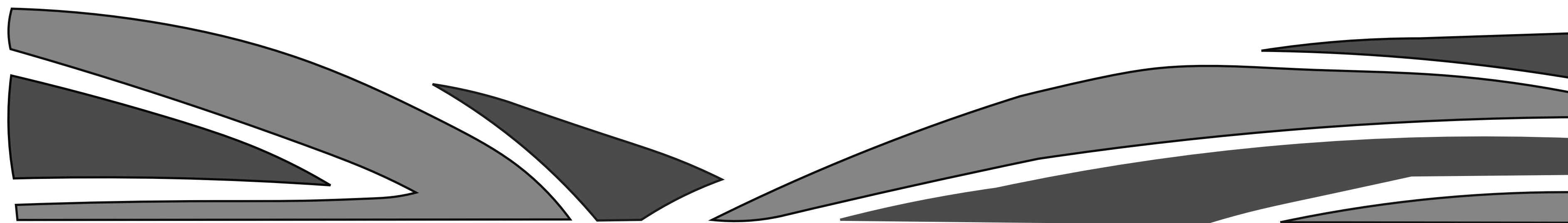






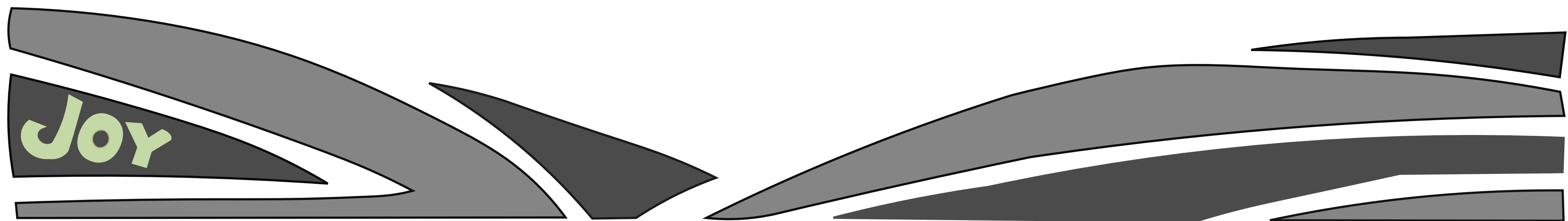


Joy





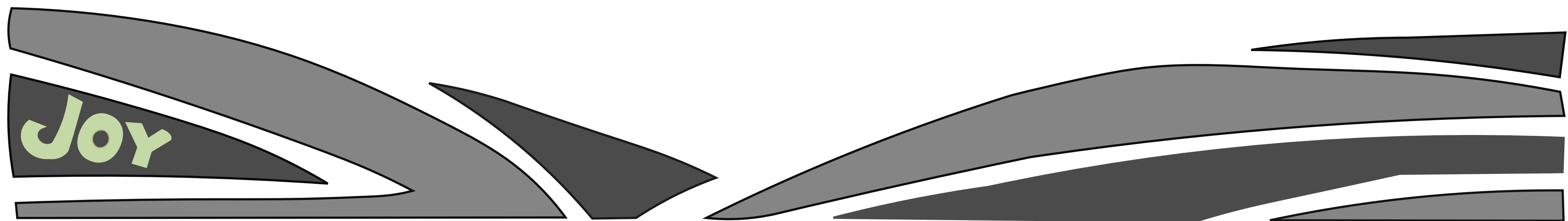
# INTERNAL CONTROL



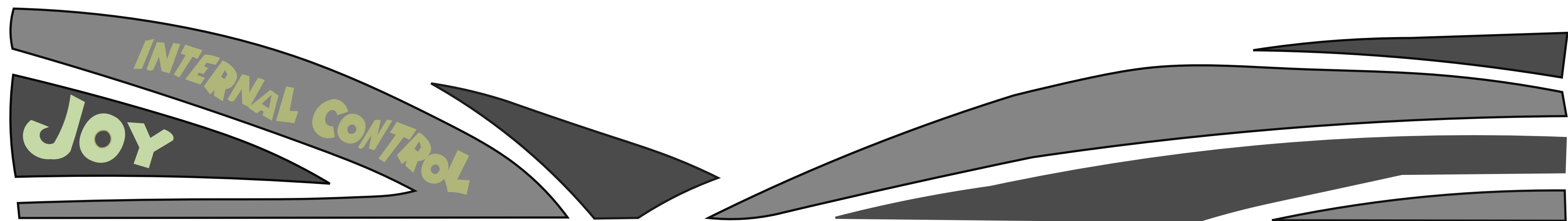




# INTERNAL CONTROL

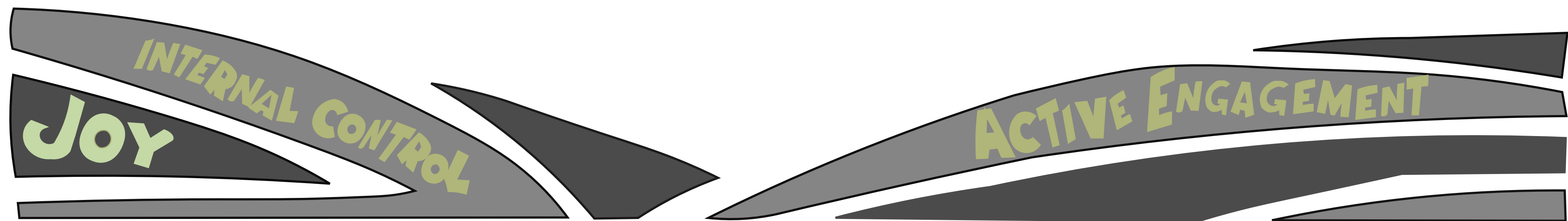


# ACTIVE ENGAGEMENT



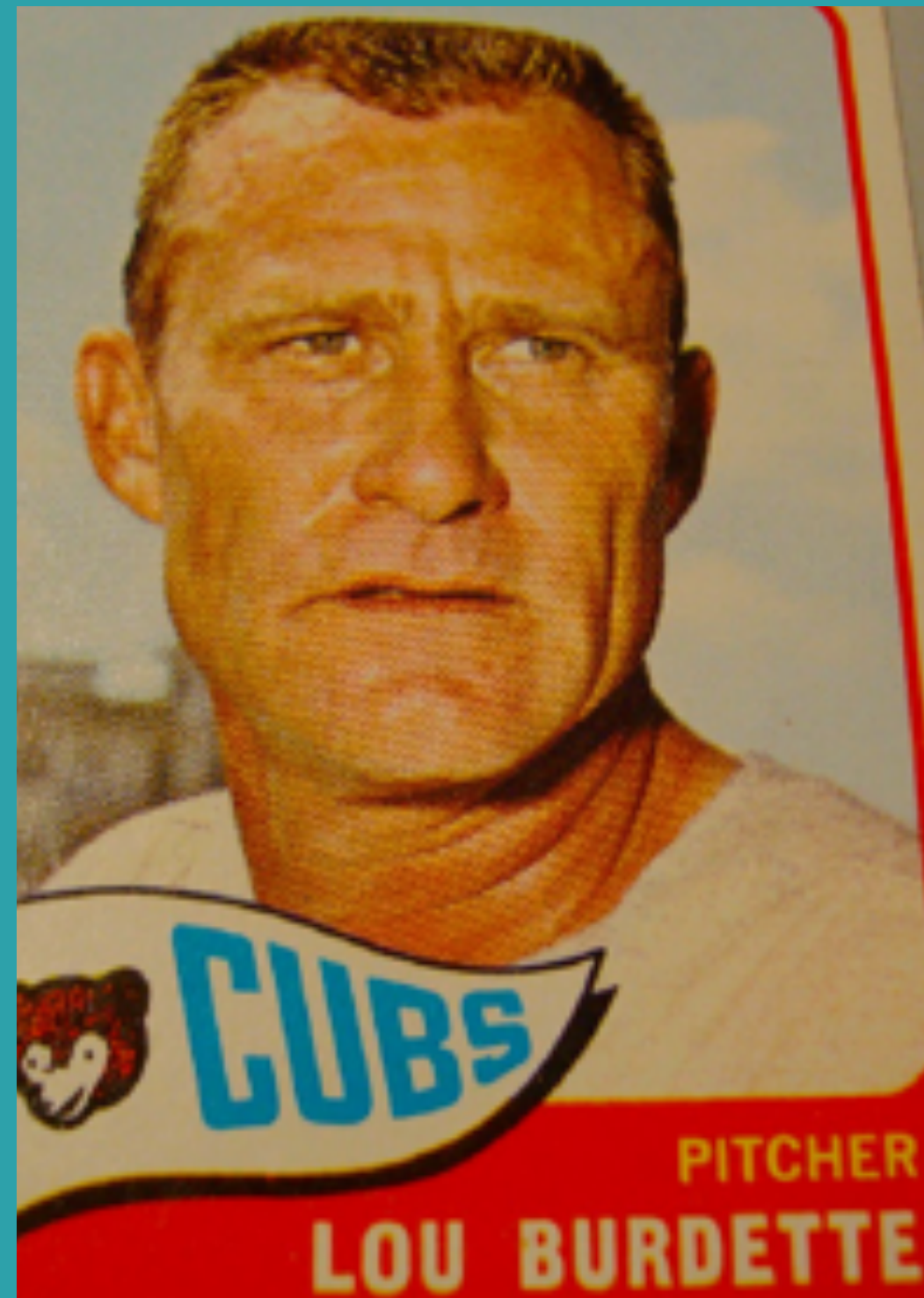


# SOCIAL CONNECTION



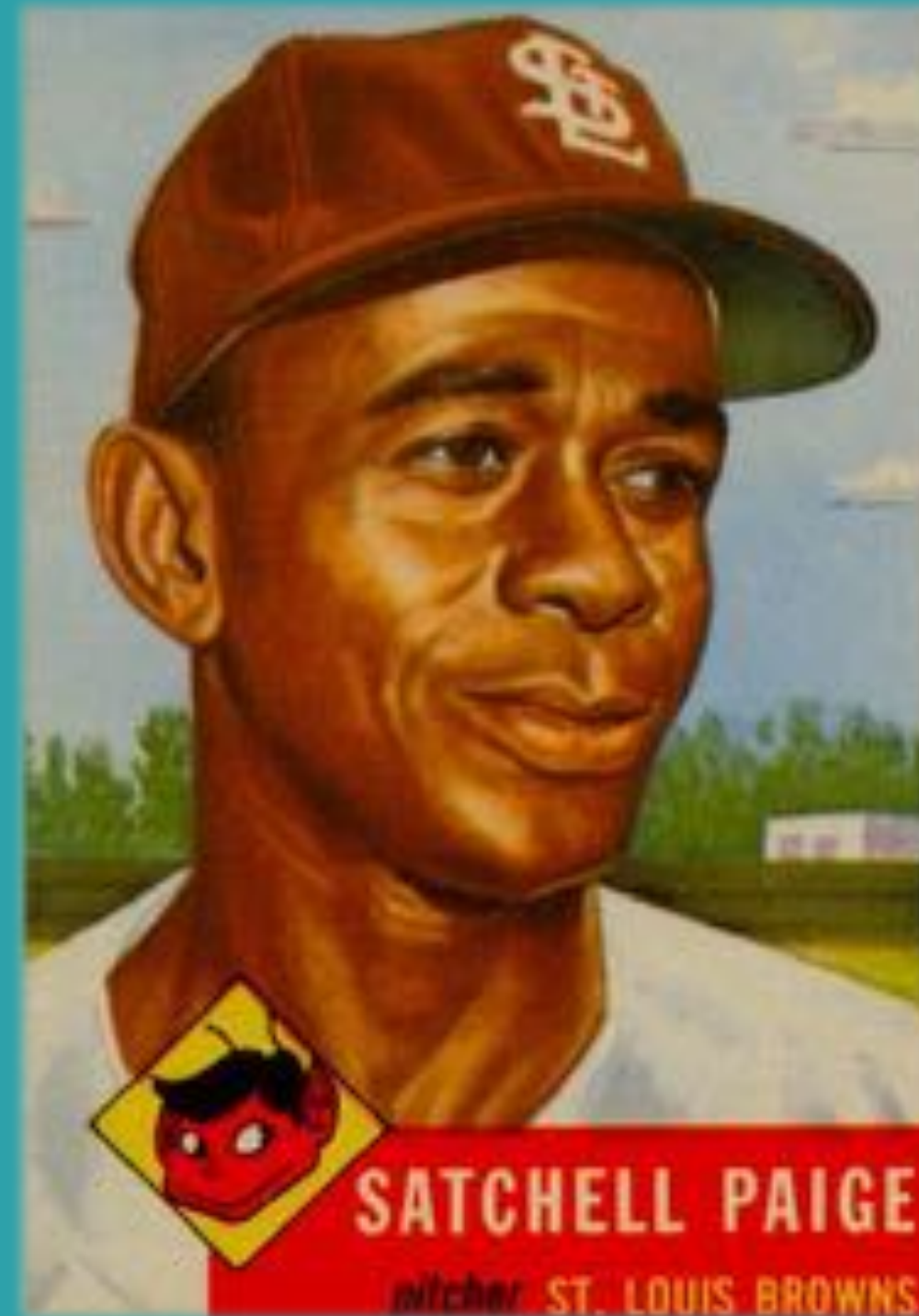
# Abel and Krueger 2010

**No Smile**



**72.9 years**

**Partial Smile**



**75 years**

**Full Smile**



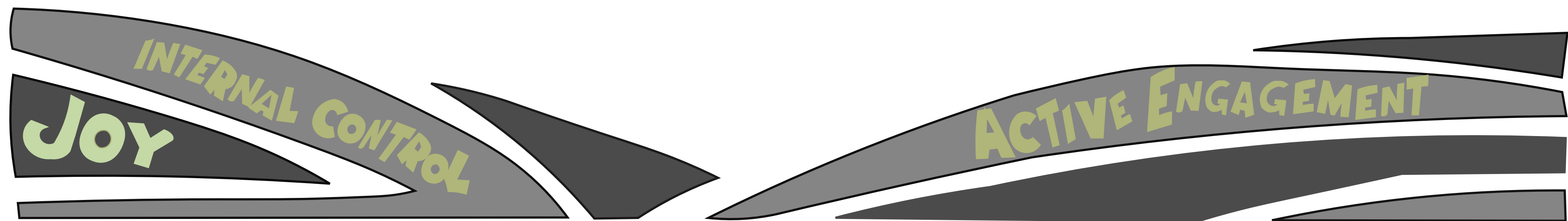
**79.9 years**



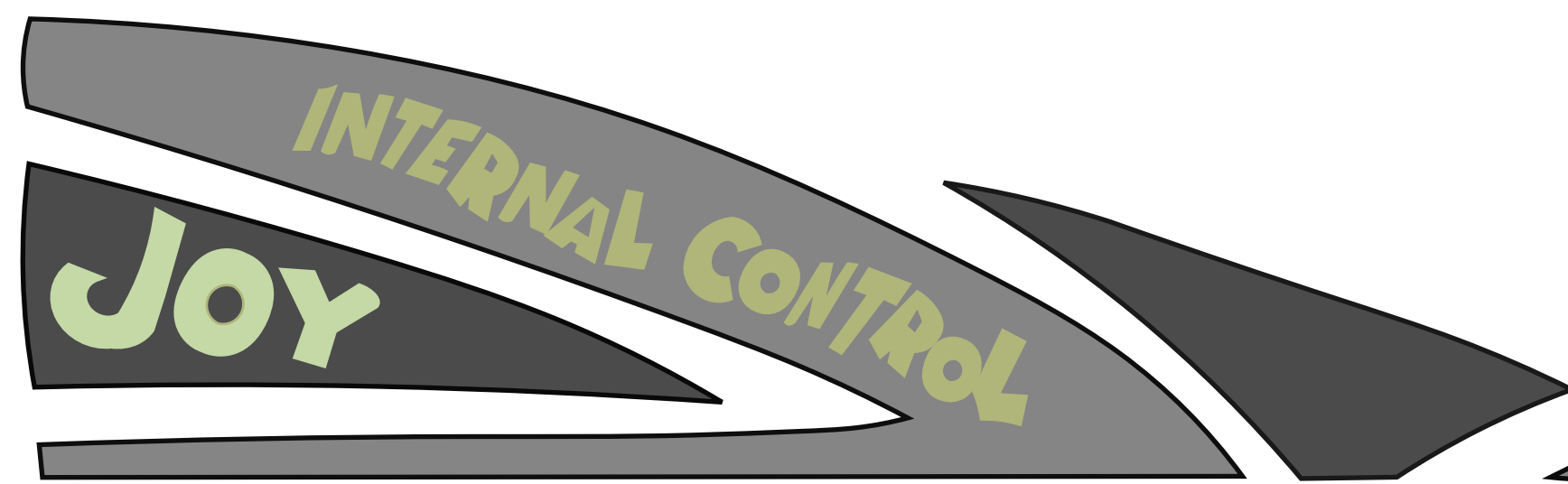




# SOCIAL CONNECTION







GRATITUDE CREATIVITY LOVE  
AUTHENTICITY  
COURAGE  
COMPASSION SIMPLICITY  
HUMOR OPENNESS  
FUN









CORE

**YOU CAN'T SPREAD WHAT  
YOU DON'T HAVE.**

BELIEF

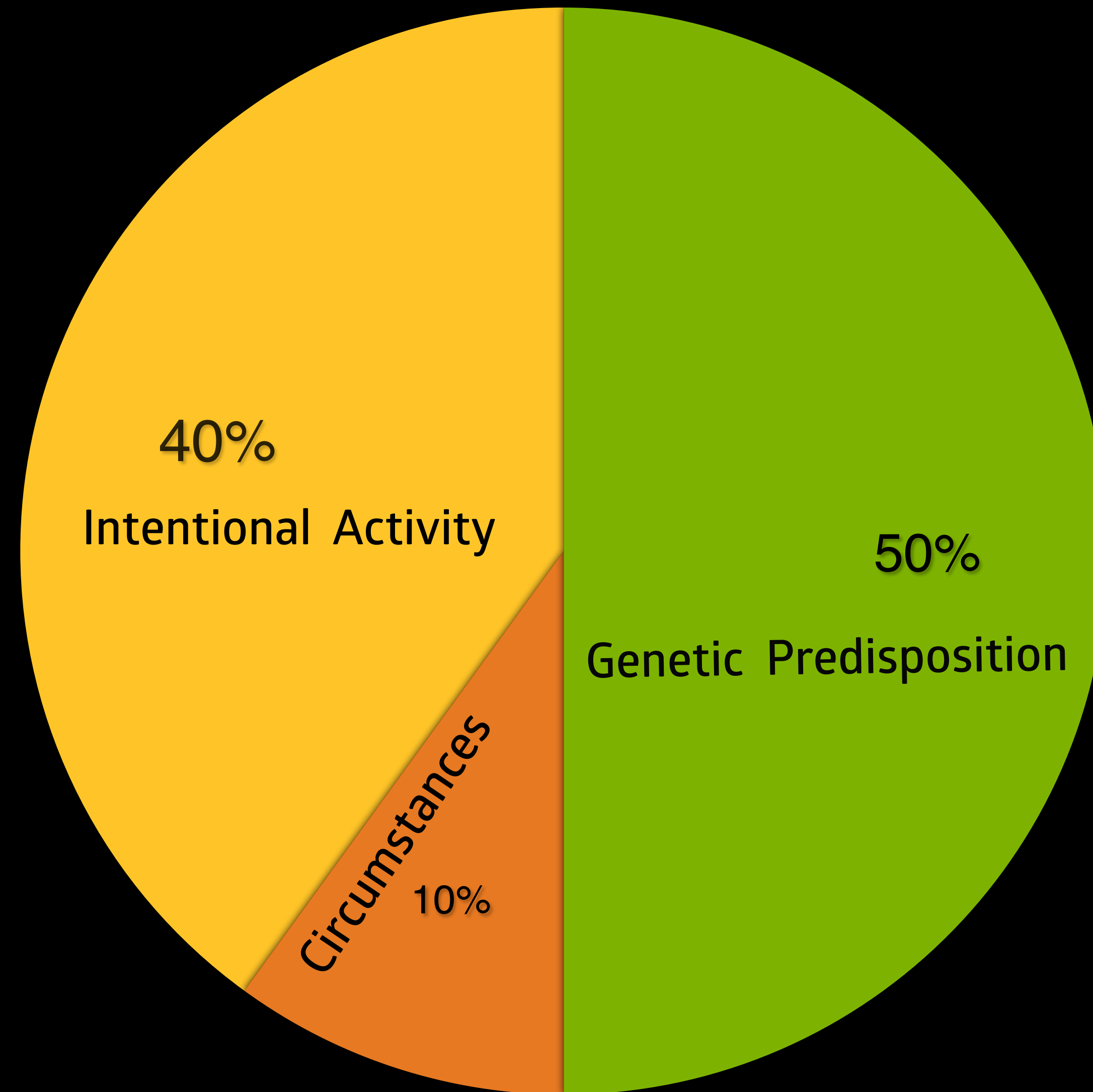




***“If you don’t live  
it, it won’t come  
out your horn.”***

**- CHARLIE PARKER**

# IS OPTIMISM A CHOICE?







**Life  
is Good<sup>®</sup>**

*Kids Foundation*