THE PESSIMIST COMPLAINS ABOUT THE WIND; THE OPTIMIST EXPECTS IT TO CHANGE; THE REALIST ADJUSTS THE SAILS.

-WILLIAM A WARD

PERSONAL REFLECTION

- How do you define these three terms? Pessimist, optimist, realist.
- In what ways have your behaviors been impacted by these?
- What is your mindset as you have shifted from one to another?