



# The Adventure Mile

Optimism, Health, Adventure

## OPTIMISM ANNOUNCEMENT CARD

**RUNNERS NAME:**

### OPTIMISM

*(noun)* A feeling of hopefulness and confidence about the future or the success of something.

*Optimistic people have a growth mindset and trust that hard work and enthusiasm will lead to personal development and future success.*

### STATEMENT OF OPTIMISM:

What gives you a feeling of hopefulness?

What are you confident about?

*Write your statement in the space above.*

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