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Embrace Optimism provides you proven methods to help you to be actively aware of your negative thoughts and shift them to optimistic ones to improve your Think Health Practice. Use the strategy presented in this Portage repeatedly until you feel you are using this skill effortlessly. You will have completed this portage when you are able to use the following skill regularly:

Identify and challenge your negative thoughts and replace them with positive ones.

As you continue on your journey to feeling happy, healthy, and fulfilled, your work in Portages may lead to your Think Health Practice being an opportunity for focus again. Although there are several Portages within the Think Health Practice, this Portage may be presented to you to repeat sometime in the future to further the development of your skill in this area.

## Make Your Pledge

A pledge is a promise to yourself to intentionally practice your new skill, persevering through challenges. Make the following pledge to yourself and Portage On to pursue your dream to become your best self!

**I pledge to embrace optimism as I face each challenge!**

## Sources

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This Portage Integrates the Knowledge of:

Cognitive Behavioral Therapy | Positive Psychology