

Optimism: The World Through My Eyes

Each of us walks our own path, and develops our own perspective on life. You may never understand me or my perspective, and you will definitely have your own. It's inevitable because we come from different walks of life, were born into different families, different times and places, and have lived different sets of experiences. So although I can understand our differences, I can only share the world as I see it and have experienced it.

I'm an optimist. My wife likes to say that I view the world through rose-colored glasses. That doesn't mean my world is perfect, by any means, but I have observed that **things tend to work out most of the time and that's what I focus on.**

I share my life with you to give you my vantage point. Please pick and choose the things that resonate, and leave the rest. But know this: you can choose how you perceive the world, and how it unfolds around you. The lens you choose to view the world through is entirely up to you. I'm not saying the world (or even YOUR world) is going to be all rainbows and butterflies but if you take a step back you will realize it really is pretty damn good. You can either choose to focus on the "bumps and lumps" that life throws your way or you can choose to focus on the "pops and tops."

Optimism is everything! It comes more naturally for some than others but I believe anyone can train oneself to be more optimistic. As many before me have said, a cup filled to its halfway mark with water can be seen as either **half-full** or **half-empty**. That's just a slight change in perception but a powerful one. And **perception becomes reality**. I believe that optimistic people are more successful than pessimistic people. I think it's due to the energy that comes with optimism, which people notice, and want to be around. It's contagious! It's like a drug - the best drug in the world - and it's free!

I'm a big believer in the saying "**your energy flows to where your attention goes.**" So, following on from that, if you focus on all the ways something won't work out, what's more likely to happen? Probably, more things that won't work out! Don't do that to yourself; don't self-sabotage. Personally, I channel 99% of my energy focusing on how things can and will be successful. Does that guarantee

success? No, but I can say without a doubt in my mind that it increases the probability of success. Plus, a positive mindset is so much more enjoyable to live than a negative one. Try to find the good in the world. In your world. And hold onto it.

To keep my worldview very positive, I take steps which some may find extreme. For one thing, I stay away from mainstream media, which means sometimes I'm not always up to date on current events. I find mainstream media negative and fear-mongering. Instead, I search out the positive because I need to get my daily fix of the positive to fuel my optimism. What I read, what I watch, what I listen to, the people I surround myself with – these are choices I make to refill my “tank of positivity.” Ultimately, the positive fuels my success. To use a car metaphor, liken yourself (both body and brain), to a car. In fact, to a Ferrari. You the vehicle need fuel to perform to your fullest mechanical potential. Optimism is like high-octane fuel, rich and sustaining, whereas pessimism is like watered-down regular unleaded. Would you expect high performance out of a Ferrari fed low performance, sub-par fuel? At some point, that watered-down fuel is going to wreak havoc, leading to very poor performance, maybe even mechanical failure, and an inability to even start that great machine. Why would we expect any different from ourselves when we ask even more of our minds than is asked of a motor vehicle? High quality fuel -> high quality performance. Garbage in -> garbage out.

Optimism in all endeavors is the path of least resistance to success. Choose to believe that things will work out, refill your tank with positivity, and your mind will in fact begin to work things out! You will see solutions where you had previously only seen problems. Find the positive, choose to see the positive, and your batting average will increase, guaranteed! The probability of home runs and grand slams will also increase exponentially. Optimism leads to winning and winning begets more winning.

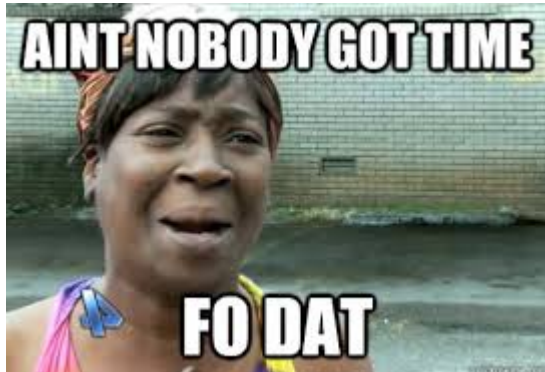
So, Ferrari Freedom Fighter, what are you going to fill up on?

Optimism or pessimism?

The choice is yours!

– Gen Y Finance Guy

p.s. here is a meme that captures how I feel about pessimism.



Gen Y Finance Guy

Hey, I'm Dom - the man behind the cartoon. You'll notice that I sign off as "Gen Y Finance Guy" on all my posts, due to the fact that I write this blog anonymously (at least for now). I like to think of myself as the *Chief Freedom Officer* here of my little corner of the internet. In the real world, I'm a 30-something former C-Suite executive turned entrepreneur turned capital allocator. I am trying to humanize finance by sharing my own journey to Financial Freedom. I believe in total *honesty* and *transparency*. That is why before I ever started blogging, I decided that I would share all of my own [financial stats](#). I do this not to brag, but instead to inspire motivate, and also to hold myself accountable. My goal is to be a beacon of hope, motivation, and inspiration for *you*, the reader, by living life by example and sharing it **all** here on the blog. My sincere hope is that you will be able to learn from me - both from my successes and my failures! [Read More](#)