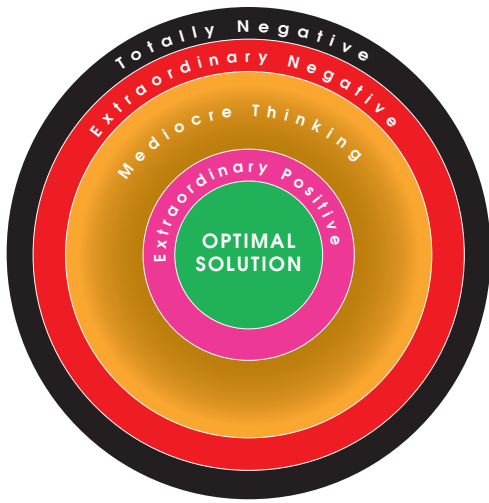


# OPTIMAL THINKING FOR THE TOUGH TIMES

BY ROSALENE GLICKMAN, PH.D.



## 1. RESPECT AND EMBRACE YOUR VULNERABILITY. YOU ARE HUMAN.

## 2. ACCEPT REALITY. WHAT IS, IS.

## 3. OPTIMIZE YOUR FOCUS.

- What's supremely important to me?
- What do I want above all else?
- What are my greatest talents and abilities?
- How can I make the best use of them?
- How can I be my best at this time?
- Which actions will maximize my self-confidence?
- What are the wisest actions I can take today?

- What are the most productive actions I can take?
- What's the most constructive use of my time right now?

## 4. RESOLVE DISTURBING FEELINGS.

- Why do I feel this way?
- What am I thinking or doing to create these feelings?
- What am I afraid of?
- Why am I angry?
- Were my expectations realistic?
- What hurts?
- What have I lost?
- What is out of my control?

- What is within my control?
- How can I make the most of what is within my control?
- What are my most constructive options?
- What is the worst thing that can happen?
- What is the best thing I can do if this occurs?
- What is my best course of action, under these circumstances?

## 5. COMMUNICATE OPTIMALLY.

- What's best for you? Here's what's best for me.
- What's best for us?

## ABOUT ROSALENE GLICKMAN, PH.D.

Dr. Rosalene Glickman is the international best-selling author of *Optimal Thinking*, and the President of The World Academy of Personal Development Inc., a Los Angeles, California optimization training, coaching and consulting firm. She has provided consultation and training for numerous organizations including the U.S. Army, Young Presidents' Organization, BP, Johnson & Johnson, Internal Revenue Service, National Australia Bank, Warner Bros., California State University, Fullerton, and Air New Zealand.

Dr. Glickman, who was born in Australia, lives in Los Angeles, California. She has been repeatedly honored by the media as "Australia's Most Successful Woman" and was voted "Woman of the Year" for National Business Women's Week in Hollywood. She has earned a Ph.D. in Psychology, a Teaching diploma and a degree in Business Administration.

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“HOW QUICKLY YOU OPTIMIZE IS WHAT COUNTS!”