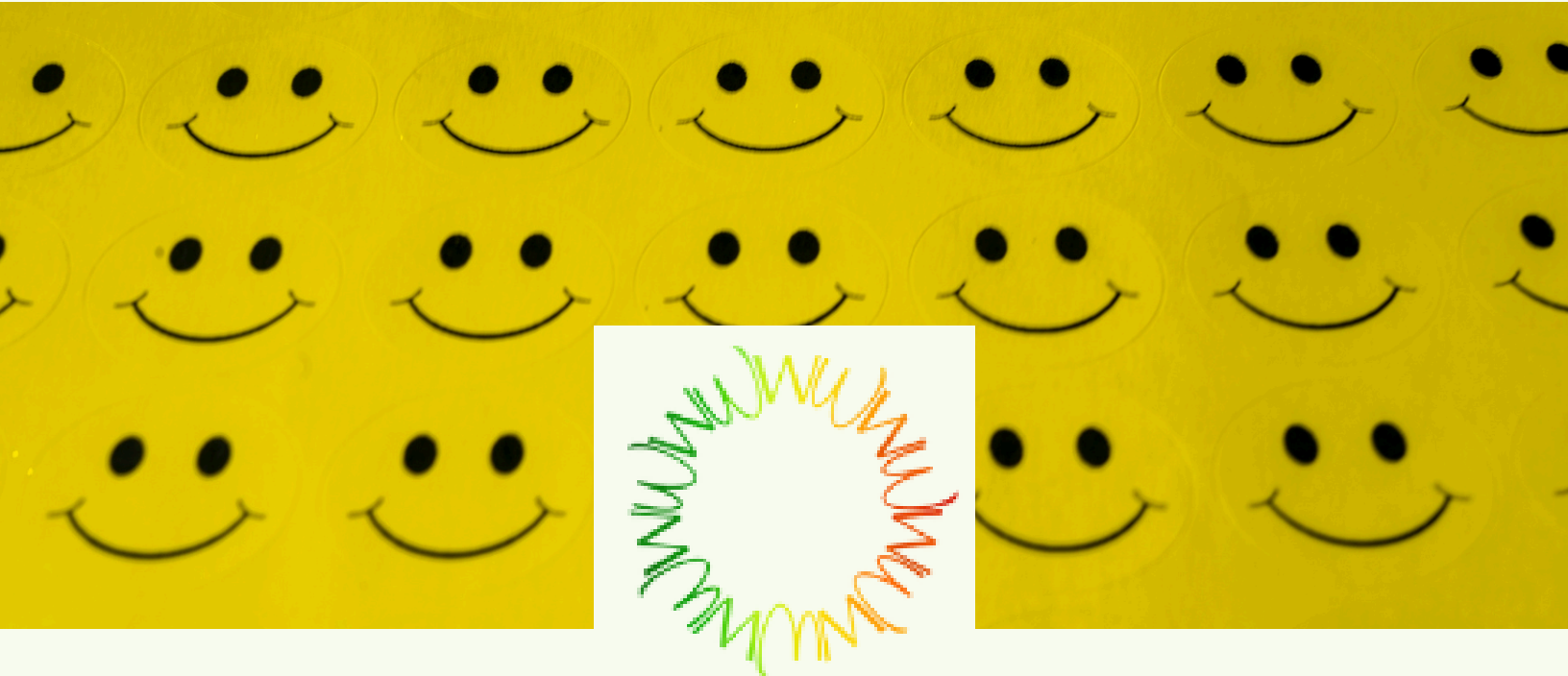


# Weekly Wisdom



*Grow the Green for You and Your Team*



*“Optimists are usually wrong. But all the great change in history, positive change, was done by optimists.” -- Thomas Friedman*

## Consider Radical Optimism?

Dua Lipa’s new album, “Radical Optimism,” intrigued us. She says every track has that “through the struggle you are going to make it” energy. (It does!) Her music may help listeners “move with grace through the chaos.”

Radical optimism is *not* the same as toxic positivity. Radical optimists place emphasis on “calmness and composure in difficult situations.” Confidence and trust are more helpful than fear and worry.

Does optimism lead to happiness?

It depends. Happy people focus on others. This leads us to what John Dewey termed “*meliorism*,” or the belief that the specific conditions which exist today, good or bad, can be improved.

Put simply, we can make progress. But it will take personal and collective efforts.

Meliorism can help us face life’s challenges more than simplistic optimism. We are frail and fallible, but we also have agency and interdependence. We can ask for help. What we believe and do matters.