20 Steppingstone #20
Optimism

Strongly disagree 0 1 2 3 4 5 6 7 8 9 10 Strongly agree

A.	There is a solution for every problem	
B.	Whenever I start a task, I expect it to go well	
C.	I generally expect things to go well	
D.	I am optimistic about my future	
E.	Generally, I believe life will run smoothly	
F.	I will succeed in life	
G.	No matter what life throws at me, I will be okay	
H.	I anticipate good times ahead	
I.	When I try to do something new, I expect to succeed at it	
J.	Good things tend to happen to me	

Total

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