

# Power Tool #2: OPTIMISM

## Step 1: Words to Know

**Directions:** Review and master each term before watching the video.

TERM	DEFINITION
<b>Mindset</b>	an attitude, disposition, or mood; an intention or inclination
<b>Goal</b>	the result or achievement toward which effort is directed; aim
<b>Realist</b>	a person who tends to view or represent things as they really are
<b>Analyze</b>	to examine carefully and in detail so as to identify causes, key factors, or possible results
<b>Life Experience</b>	personally observing, encountering, or undergoing situations over a long period of time
<b>Challenge</b>	something that causes a person to apply special effort
<b>Conviction</b>	firm belief

## Step 2: Watch the Video: Power Tool #2 - OPTIMISM

**Directions:** Access the video from the Crossover Training web site: [www.crossovertraining.org](http://www.crossovertraining.org). Go to Power Tools and then click on Power Tools Units.

## Step 3: Memorize Power Pledge Verse

**Directions:** You must memorize this verse of the Crossover Power Pledge.

I have Optimism. With focus and effort,  
I can have the **future** I am willing to **work** for.

## Step 4: Take the Power Tool #2 - OPTIMISM Quiz

**Directions:** Access the quiz from the Crossover Training web site: [www.crossovertraining.org](http://www.crossovertraining.org). Go to Power Tools and then click on Power Tools Units. There are two quiz levels. Junior quizzes are for elementary grades through sixth grade. Pro quizzes are for grades seven through high school.

## Step 5: Recite Power Pledge Verses Learned So Far

**Directions:** You must successfully recite all the verses of the Power Pledge you have learned so far to a Crossover tutor or staff member in order to have it signed off on your Power Tools Log.

**Hints:** I am a powerful person ... I have GRIT ... I have OPTIMISM ...