

# Pondering Point

**Is your glass half full or half empty?** It's a simple question with no simple answers. This common expression is about perspective and each person's unique interpretation of reality. **More than a test of optimism, this question can lead to more revealing questions.** *What is our glass filled with – something sweet or toxic? Does that matter? Can our glass ever be filled entirely?* For some, our expectations leave us with a glass too big to fill. For others, a glass half full leaves room for possibilities. It means having hope and believing things will get better.

*Is there an ethical issue around labeling others as "half full" or "half empty" when we don't know their perspective?* Some may view their glass as half empty because they are drinking from it. *What are we doing with the contents of our glass? Are we able to do the best we can and appreciate what we have? Must we be the only ones in charge of filling our glasses, or can we pass them around and allow others to fill us up? If how we view our glass is our own perception, we may have some control over it.* The right perspective can make the difference in choosing to be a happier person.

## How's your GLASS these days?

*Full – Empty – Somewhere in Between?  
It's all in how you see it.*



**Imagine... changing your perspective on how to live optimistically.**

### — From Pondering to Practice —

#### **Activity**

How others view their own optimism may be surprising. We can also learn a lot by drawing on the optimism of others.

#### **Try this → Liquid Optimism**

- Give each participant a different size glass and fill each glass with a different level of water.
- Have a group discussion around answering the questions in the above paragraphs.
- *How would each person handle situations in their own lives based upon the amount of water in their glass?*

#### **Self Reflection Activity**

- What makes a person optimistic?
- When you are the happiest – are you living in the moment? Are you present?
- Some people are impacted by the environment and people around them – are you able to surround yourself with positive vibes and appreciation?
- What does your glass look like?
- How do you deal with challenges?



***"Is the glass half full, or half empty?  
It depends on whether you're pouring, or drinking."***

- Bill Cosby

