

What's Next?

Presumptuous negativity comes from the same source as Pollyanna positivity: A failure of imagination.

When our sense of possibility is diminished, we compensate by placing blind faith in our negative assumptions or by convincing ourselves that we need to make positive ones.

Instead of placing blind faith in your negative assumptions or forcing yourself to believe positive assumptions, try making zero assumptions.

It doesn't matter if your conclusions are positive or negative if you're jumping to them. The key is remembering not to jump at all.

Sometimes it's simply enough to be open to what's next.