"Being optimistic isn't always being happy. It's taking what the world throws at you and saying "I'm not going to let this get me down."
One lesson that we must all learn in our lives is how to be optimistic but also remain realistic at the same time. True in life nothing is impossible, but sometimes we can make life easier on ourselves by following a few simple rules. One thing we must understand is that we all have our limits. Sure we should all work hard in the pursuit of our goals and aspirations, but we must also note that our bodies do need things like sleep and energy so that we may be able to work the hardest we can work with a clear mind.

We have to know that as we go through life, at different points, things are going to get complicated, and that there are going to be times in our lives that we feel like stopping, and just submitting to whatever our circumstances may be. Life will wear on you, but that doesn't ever mean you should let it break you!

Source: [here](http://tiest.staff.ipb.ac.id/2015/02/12/optimistic-isnt-always-happy/)
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