

Using information found in *Optimism*, verify whether the following statements are true or false. Check your answers in the book. If the answer is false, write the correct answer below the statement. List the page number where you found the information beside your answer.

Statement 1	Optimism is not something people are born with or without.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 2	Optimism is mostly about just hoping good things will happen.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 3	By focusing on what you can do to make a situation better, you will feel more in control.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 4	Optimistic people believe that setbacks are temporary.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 5	A busy school room is a good place to practice self-talk.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>

