# 高三英语作文Be an Optimist

来源：网络 作者：紫陌红颜 更新时间：2025-04-26

*Be an Optimist　　Do you see the glass as half-full rather than hall empty? The two different answers to the question repr...*

**Be an Optimist**

　　Do you see the glass as half-full rather than hall empty? The two different answers to the question represent two different attitudes towards life -- optimistic attitude and pessimistic attitude.

　　Optimism always leads to happiness, health and success while pessimism, by contrast, results in hopelessness, sickness and failure. That\'s because optimists and pessimists deal with the same challenges and disappointments in very different ways. When things go wong the pessimist tends to blame himsell, while the optimist looks for loop holes. The optimist feels in control of his oval life. If things are going badly, he acts quickly, looking for solutions, forming a new plan of action, and seeking for advice. On the contrary, the pessimist yields to the arrangement of fate and moves slowly. He doesn\'t seek advice, since he assumes nothing can be done.

　　Most people are a mix of optimism and pessimism. Optimism is important in all aspects of our lives. If you can change your mind from pessimism to optimism, you can change your life.

　　>【参考译文】

**做一个乐观的人**

　　你看到杯子半满了，而不是空荡荡的吗?这个问题的两个不同的答案代表了两种不同的生活态度乐观的态度和悲观的态度。

　　乐观总是通向幸福、健康和成功，而悲观则相反，结果是绝望、疾病和失败。这是因为乐观主义者和悲观主义者以同样的方式应对同样的挑战和失望。当事情黄悲观主义者倾向于责备himsell，而乐观主义者寻找漏洞。乐观主义者控制着自己的椭圆形生活。如果事情进展不好，他会迅速采取行动，寻找解决办法，形成新的行动计划，并寻求建议。相反，悲观主义者屈服于命运的安排而慢慢行动。他不征求意见，因为他认为什么事也做不成。

　　大多数人是乐观主义和悲观主义的混合体。乐观在我们生活的方方面面都很重要。如果你能改变你的想法从悲观到乐观，你可以改变你的生活。

本文档由范文网【dddot.com】收集整理，更多优质范文文档请移步dddot.com站内查找