

**P = Pasha    D = Dee    G = Graham    T = Tracey    B = Brogan**  
**Pa = Paul    C = Charlie    M = Mark    E = Elizabeth**

**P:** Hello. I'm in a really good mood today. The sun is out and that always brings a smile to my face. How are you feeling today?

**D:** I'm feeling stressed due to a lot of work.

**G:** I'm feeling quite happy and confident. The weather certainly helps: it's a bright, sunny day so I'm feeling quite optimistic.

**T:** I'm excited about my project for school, we're doing a documentary on film.

**B:** I'm feeling pretty good. I'm feeling good 'cos I'm on a day out with my friend and we're having a fun time.

**Pa:** Very happy, very relaxed. We have a day off, my wife and I.

**C:** I've had a good start to my day. I woke up early and I had a good breakfast, so I suppose I'm feeling well-balanced and optimistic about my afternoon.

**M:** Today's a good day. Visiting from New York.

**E:** Really good. It's a beautiful day, the sun's shining and I'm just wandering about London. It's nice.

**P:** Would you describe yourself as an optimist, or a pessimist?

**D:** 100% optimist. I think that you always have to look on the bright side. And I know it's cheesy, but it's best to think what you can do and not what you could have done.

**G:** I think I am an optimist. I think generally I look on the bright side. I hope I see the best in people. I don't expect bad, you know, disasters or to be let down in things.

**C:** I'd say I swing between the two. I mean, I am pretty optimistic about my, myself.

- B:** I'm very optimistic. Um, whenever I get in a tricky situation I might get a bit frustrated at first, but I always manage to pull myself through and think of the positives.
- Pa:** I consider myself to be more of a 'functional pessimist': I do tend to plan and cater for the worst case, but more often than not I'm then happily surprised when things go well.
- E:** Probably an optimist, but I like to be realistic about things and then I'm not disappointed.
- M:** I think I'm an optimist.
- P:** What's the best thing that's happened to you this year?
- Pa:** The best thing that has happened to me in the last 12 months is the success of the business that my wife and I opened in Oxford last June.
- G:** The best things that's happened to me this year is the successes I've had in the garden, growing vegetables and flowers.
- D:** I got all distinctions, all distinction stars and A\*s in my last project in Art.
- T:** I went to Canada to visit my father with my boyfriend a couple of weeks ago and that was really nice: we got to see lots of amazing sights.
- B:** Getting into university. It was really difficult 'cos there was a, like, a lot of applicants, a very high standard and I managed to get a spot.
- M:** I met my boyfriend. Well, I didn't meet him, actually, I met him years ago, but we got together and became a couple, which is good. So, I think that's the best thing that's happened this year, for me.
- E:** The best thing that happened to me this year was getting a job as a trainee solicitor at a firm in London. I'm really excited about it: it's very difficult to get into and it's, like, the culmination of a lot of hard work over a long time. So, I'm really happy about it.