



Hope

Hope can be described as a mindset consisting of a positive view of the future for yourself and others. Remaining hopeful over the course of your life is at the core of resiliency and the ability to bounce back while facing psychological threats and stress. Resilient people are able to feel spiritual and psychological peace in the throes of suffering, pain, and disaster. Hope is important in sustaining joy and happiness as you live your life. Having hope has special powers for healing and guiding you with resiliency while you attain life goals and dreams.

Respond to the following questions to identify your hope patterns:

What does the statement “Hope springs eternal” mean to you?

What in your life has caused you to stop hoping?

Where do you believe your sources of hope, or lack of hope, come from?

How has the way you were brought up affected the amount of hope you currently have?

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Hope *(Continued)*

Where do you look for hope in your life?

What are three things you hope for?

1.

2.

3.

How have your hopes changed over your lifetime?

How has hope, or a lack of hope, affected decisions you have made?

What needs to happen before you have more hope in your life?
