



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 problems and the stress that goes along with those problems. Having hope will guide you with resiliency while you achieve your goals and dreams.

Respond to the following questions to identify your hope patterns:

What does this quote by Emily Dickinson mean to you?

“Hope is the thing with feathers.”

What happened in your life that caused you to stop hoping?

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

How has your environment affected the amount of hope you currently have?

(Continued on the next page)

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 as you have grown up?

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?



Life Outlook

Which are you, an optimist or pessimist? Why do you believe this?

How long have you felt like an optimist or pessimist? What brought this on?

How does your environment affect the way you view the world?

Think of a time when you viewed a situation as negative, and yet, something positive came out of it?

How can you begin to view the world in an even more positive light?
