

Why You Can Be Hopeful

It is easy to dwell on the negatives in your life. Many people who feel trapped in their current life often forget about the positive aspects of their lives. It is important to spend time thinking about the positive people in your life to remind yourself that you have a lot for which to be grateful, and in turn, to be hopeful.

Below, list some of the positive people in your life and describe why they can provide you with hope about your future if you let them!

<i>Positive People in My Life</i>	<i>How this Person Provides Me with Hope</i>	<i>How I Can Hold onto This Hope</i>
<i>Example: A new baby in our family.</i>	<i>My daughter and her husband are great parents and I know he will grow up to be someone special. When he smiles, I smile.</i>	<i>I can try to hold on and not do anything rash. Meanwhile I can get some help for myself to be sure I get to all of his birthdays.</i>

Below, list some of the hopeful situations in your life and describe why they can provide you with hope about your future if you let them!

<i>Hopeful Situations In My Life</i>	<i>How This Situation Provides Me With Hope</i>	<i>How I Can Hold Onto This Hope</i>
<i>Example: I am in good physical health.</i>	<i>With good physical health I can pursue enjoyable and productive activities.</i>	<i>I will make a list of at least ten activities my physical health allows me to do.</i>

Who are trusted professionals or people with whom you can discuss what you wrote on this page?

(Example: a mental health facilitator or medical professional; a positive support system or group; a wise friend, family member, spiritual or religious leader, group; and wise friend, family member, spiritual or religious leader, group; and a wise friend, etc.)