

Find Hope

What to Know

Hope expands your thinking and fuels your persistence. Research on hope shows that how you think about the future determines your success in work, relationships, school, and life. For example, high levels of hope lead to an increase in positive workplace outcomes, gains in academic performance, and increased happiness. Making a direct connection between your goals and your current behaviors also positively affects effort and commitment.

Research has found that hope requires three elements:

- 1. Goals.** Develop clear goals that fill your mind with a positive vision for the future.
- 2. Pathway thinking.** Seek out and identify multiple pathways to achieve your goal.
- 3. Agency.** Motivate yourself to be persistent when you face obstacles.

Hope plays a central role in setting goals, driving persistence, remaining motivated, and practicing innovation.

Creating a Hope Map allows you to set a goal, create pathways to the achievement of that goal, and identify potential obstacles. Your completed Hope Map can build your confidence, energy, and excitement, allowing you to tap into motivation and identify obstacles you will need to overcome to achieve your goal.

What to Do

Use the Hope Map and complete each of the following steps.

- 1. Set a goal.** Write down a goal you would like to achieve in the large box in the last column of the Hope Map.
- 2. Set pathways.** In the first column, write down three actions or steps you will take to pursue your goal. Write down one action per box.
- 3. Identify obstacles.** In the circles, identify obstacles that might block each of the paths you have written down. You may list several obstacles per circle.
- 4. Overcome obstacles.** Review your pathways and write down some ways you can overcome each obstacle. This might include developing new pathways or adding additional steps to your existing pathways. Use the smaller boxes in the Hope Map to write down additional pathways. For any new pathways, repeat Steps 3 and 4 to come up with ideas to overcome the obstacles.
- 5. Maintain motivation.** In the triangles, write down ideas for maintaining your hope and motivation. Be mindful of the situations and obstacles that might decrease your willpower,

drain you of energy, or lead to discouragement. Write down ideas for overcoming those challenges:

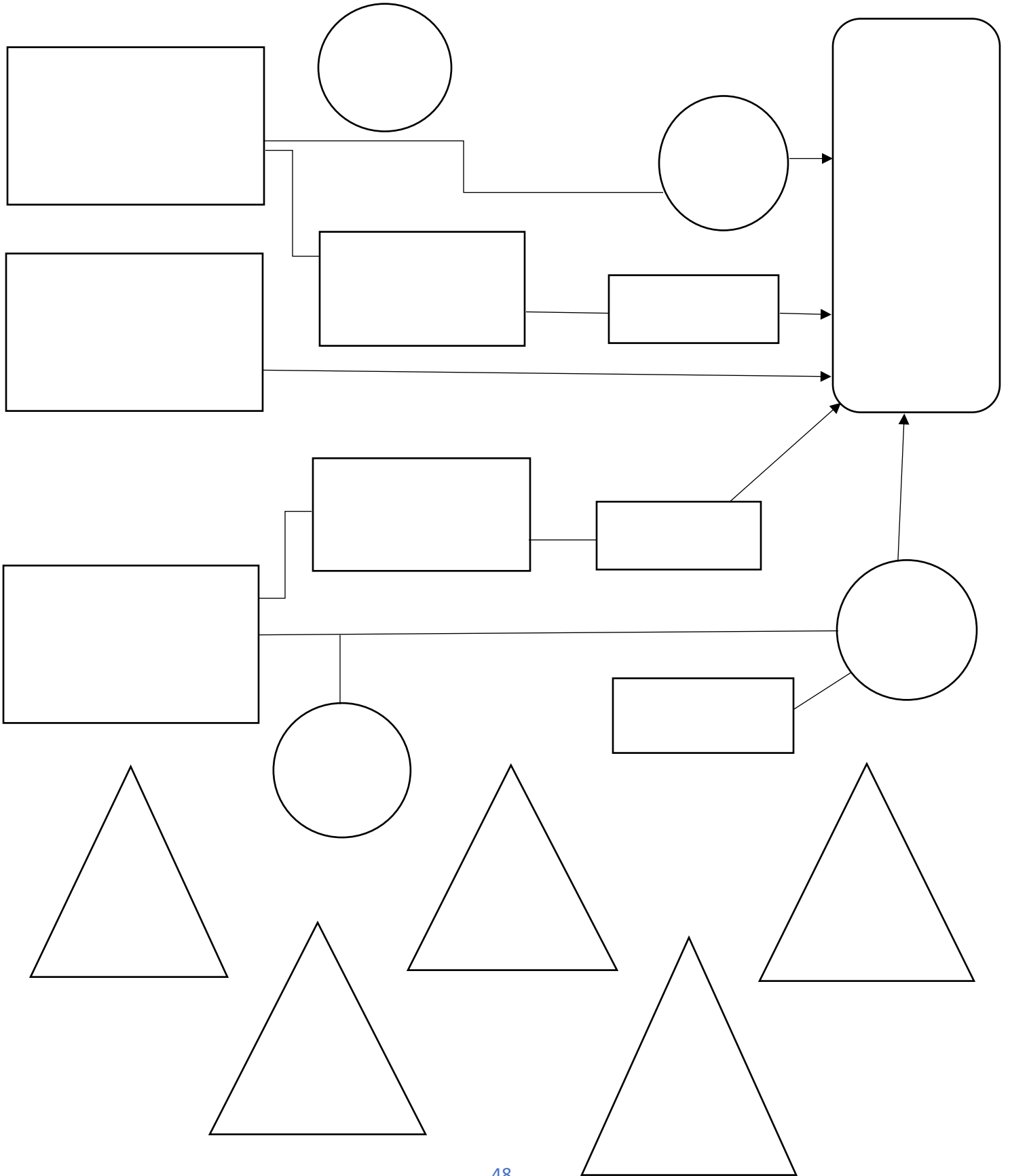
Hope helps you remain committed to your goals and motivated to act. Complete the Hope Map on the following page, and then answer the questions that follow.

Pathways

Obstacles

Pathways

Goal



What can you do to overcome the obstacles you identified? Write down at least four ideas:

What pathway will you try first?

Did you find this exercise difficult? If yes, explain.

Imagine what it will be like to pursue and reach your goal. Once you have a vivid image in your mind, mentally rehearse all the steps you need to take to get there in real life. Write down additional ideas you come up with to achieve your goal:

Did this exercise increase your hope? Why or why not?

What did you learn from this exercise?
