

## Finding Hope

**The most important thing we can do is lend our hope to others until they can find their own.**

1. **Hope Modeling:** One way to help us think about hope (especially when we experience adversity) is to consider our own Hope Models.

- a. **Take a minute to think of the one adult role model in your life. Often, this is the person who, knowingly or not, made a profound impact on the direction of your life.**

*What impact did they have related to your goals, pathways, and agency?*

- b. **Think about a leader you admire. Now list three words that describe this person.**

- 1.
- 2.
- 3.

- c. **What story (movie, book, song, etc.) comes to mind that reflects hope?**

- d. **How do you model hope in your behaviors?**

2. Take a few minutes to think about a goal you have for yourself this week:

- a. Write down the goal: \_\_\_\_\_

- b. Describe a few of the barriers you will likely experience in pursuing your goal. Are you powerless to these barriers?

- c. Can you identify a cast of supporting “hope givers” and describe how they can help you achieve your goal?

- d. Identify one action you can take today to move toward your goal.