

Hope Introduction Discussion

The power of hope is based upon your capacity to understand the way things are right now, and to imagine a future for the way things could be.

Hopeful people are able to establish clear goals, determine multiple pathways toward their goals and dedicate mental energy toward those pursuits.

1. **Goals:** We all have varying number goals across the life domains. The important aspect in hope is that your goals have a level of desirability to harness your attention.
 - a. **What happens with hope when goals are not clearly defined?**
 - b. **Can agency overcome deficiency in pathways? “Where there is a will there is a way?”**
 - c. **When your goal becomes blocked are you able to re-goal?**
2. **Pathways:** These are the mental road maps you develop in order to achieve your goals.
 - a. **Imagination is the instrument of pathways. How many pathways can you conceive to your goals?**
 - b. **If your pathway becomes blocked, can you imagine strategies to overcome the barrier?**
3. **Agency:** Think of this as the willpower or mental energy you have to pursue pathways. Agency is comprised of such things as: motivation, determination, self-control, confidence, etc.
 - a. Being able to focus your willpower to YOUR goals is a critical component of achieving what you want in life.
 - b. **What are some things that drain or detract your mental energy?**
4. Reflect back on a time in your life when you achieved a really important goal.
 - a. **Can you describe the role of pathways?**
 - b. **How would you describe your willpower?**
 - c. **Did you have barriers that you had to overcome?**
5. Reflect on a time when someone wanted you to do something that wasn't very important to you (at that time).
 - a. **Can you describe how having a goal that you don't desire impacts your motivation?**
 - b. **In what other ways would you characterize your “hope”?**