

Hope Worksheet
(Developed by Center of Applied Research for Nonprofit Organizations)

The purpose of this worksheet is to assist you in establishing a desirable goal using the language of hope. By describing your desirable goal in as much detail as possible you are likely to experience an increase in your motivation and interest. When you have described one or more possible strategies to your goal you are now on the pathway to increased and sustained hope.

- 1. Describe your goal in as much detail as possible.**

- 2. How much do you desire this goal? *A little Moderately A great amount***

- 3. Describe why you want to achieve the goal. That is, list what is motivating you.**

- 4. Imagine you have just achieved your goal. Describe how you think you will feel in this future memory.**

- 5. List the pathways (actions/strategies) you can use to achieve your goal.**

- 6. Describe potential barriers for each pathway you listed.**

7. Describe a time when you achieved a goal by overcoming barriers. That is, what were the barriers and how did you overcome them?

8. Choose the best pathway and describe how you will overcome the barrier.

9. Describe benchmarks that you need to achieve to attain the goal. For example, what are two or three things that must be accomplished for you to attain your goal?

1. _____

2. _____

3. _____

10. Identify people and/or resources in your community with whom you can rely on as a source of support in pursuing your goal.

11. Describe something that motivates you (e.g., music, movie, person). Think of how you can use this inspiration to help you pursue your goal.