

Nurturing  
Hope

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Hope Research Center

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# What is Hope?

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Hope is the **belief** that your future will be better than today and **you** have the power to make it so.

# The Simplicity of Hope

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Goal setting is the foundation of hope.

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**Pathways** refers to the ability to identify routes toward goals and to find new routes (problem solve) around obstacles if necessary.

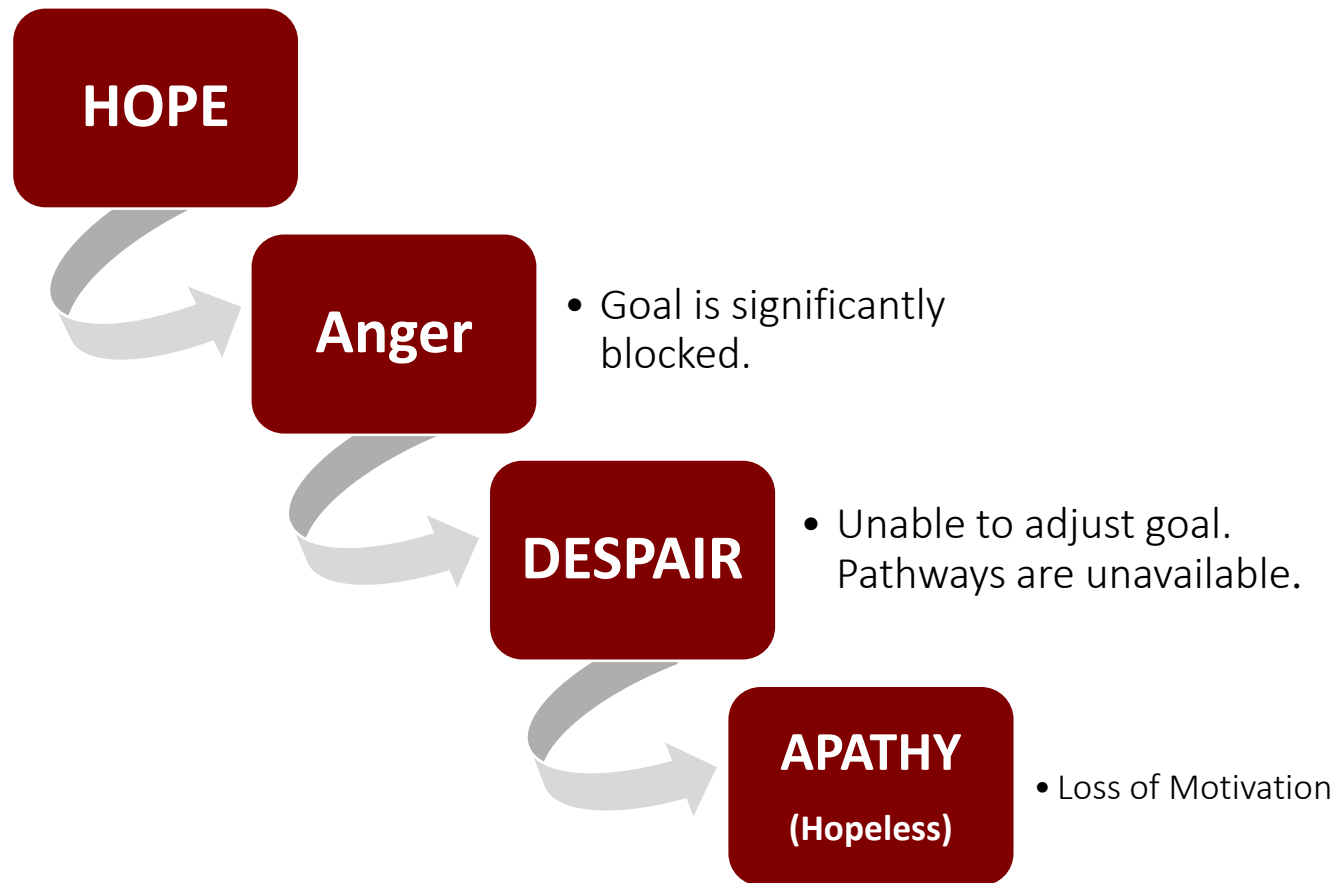
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**Agency (Willpower)** is the ability to sustain motivation to move along these pathways.



What is the opposite  
of hope?

# THE LOSS OF HOPE IS A PROCESS



# The Power of Hope



A black and white photograph of a child's silhouette holding a balloon and flying a kite inside a tunnel. The tunnel's walls are covered in concentric, wavy lines, creating a sense of depth and movement. A bright light source at the end of the tunnel illuminates the scene. The word "HOPE" is written in large, bold, capital letters across the bottom of the image.

HOPE

HOPE CAN BE TAUGHT!

# NURTURING HOPE IN CHILDREN AND ADULTS

