

Hope Worksheet Directions

As you review the hope worksheet, some explanation may be useful. This worksheet is designed to add detail and clarity to your pathways (waypower) and agency (willpower). Individuals who are more hopeful will move through this worksheet with ease whereas less hopeful individuals will likely respond to this process with frustration and a focus on failure.

It is important that you focus on the details of the goals – taking the time to identify them with patience and diligence. Do not rush through the worksheet. With each answer, spend time exploring more explanation and detail. The key to all these worksheets is to remember that imagination is the instrument of hope. Imagine your life differently if you achieve your goals.

What will it:

- Look like?
- Feel like?
- Be like?

Take notice of the ebb and flow of pathways and agency as you move through the worksheet.

Item 1:

Do not rush through this part of the worksheet. It is worth exploring each goal in terms of specific details, short term vs. long term, etc. The personal and professional goal worksheet may be useful in preparing for the full hope worksheet. A low hope person may struggle with describing specific details of a goal and might need help from a higher hope person. Do not be afraid to ask someone that seems to have higher hope in his or her life, for assistance.

Item 2:

A person who does not desire the goal will struggle to complete the worksheet. It is important that the goal is truly desired. Finding a goal, no matter how small is often a great place to start if you are a low hope person.

Item 3:

This item can help clarify the goal. For example, is the motivation to the goal intrinsic or extrinsic? Is it coming from within? On the other hand, is it some outside force or person inspiring the goal? Goal motivation may start externally but eventually it must become internal. Intrinsic motivation is more likely to sustain you in the presence of barriers and adversity.

Item 4:

After describing the goal, it is worth spending time savoring what success will feel like. This is intended to reinforce willpower.

Items 5, 6, 7, & 8:

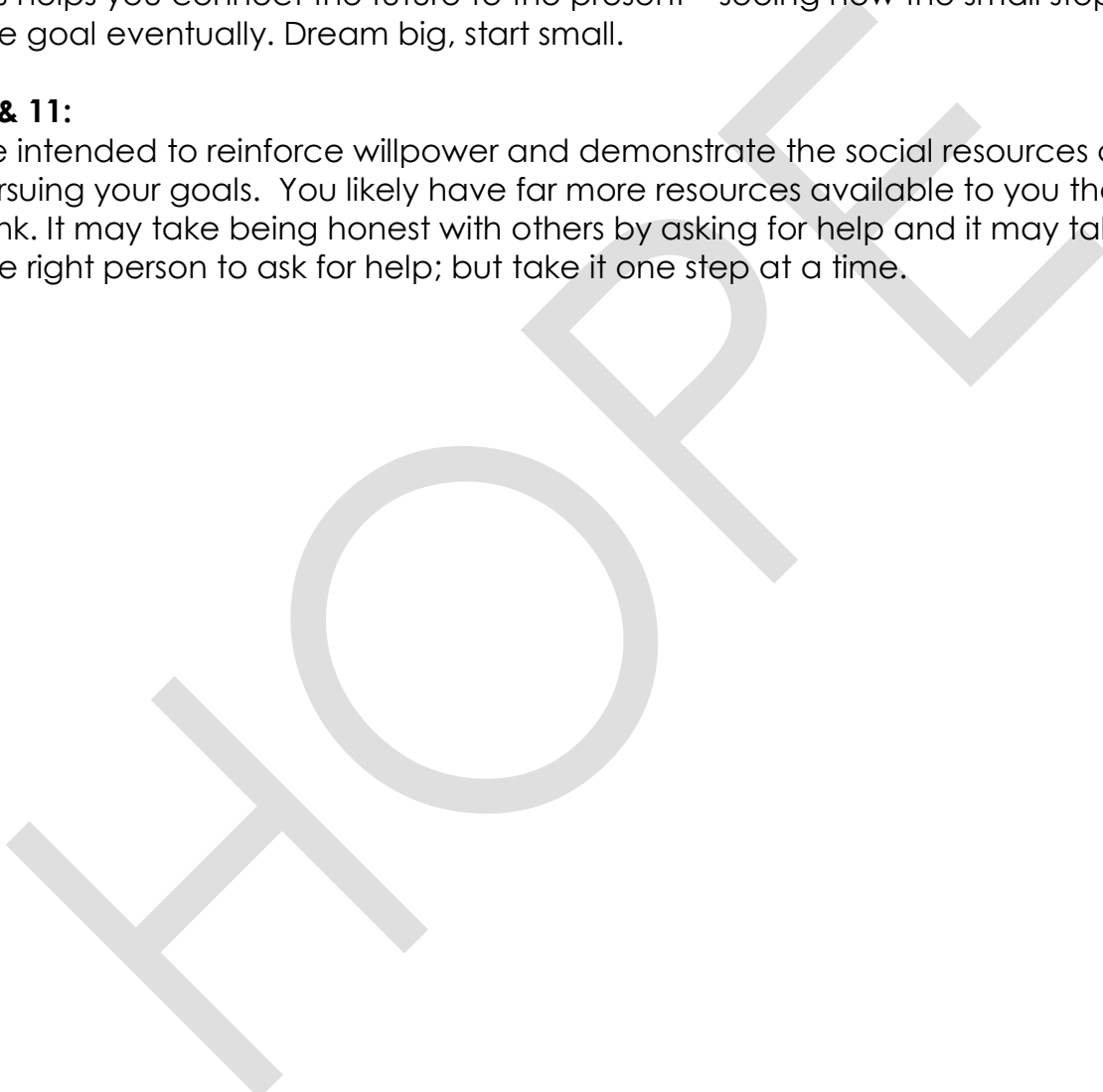
Lower hope individuals will possibly struggle with these items. Do not be discouraged if you find yourself in that place. After considering the potential barriers, your willpower may be lower. Therefore, item 7 is intended to re-invigorate you to complete item 8.

Item 9:

It is often helpful to break a goal into sub-goals or benchmarks. Sub-goals can also serve to help determine if you are on the right pathway to your goals. Finally, breaking the goal into sub-goals helps you connect the future to the present – seeing how the small steps can get you to the goal eventually. Dream big, start small.

Items 10 & 11:

These are intended to reinforce willpower and demonstrate the social resources available when pursuing your goals. You likely have far more resources available to you than you might think. It may take being honest with others by asking for help and it may take the time to find the right person to ask for help; but take it one step at a time.



Hope Worksheet

The purpose of this worksheet is to assist you in establishing and pursuing a desirable goal. 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 rising and sustained hope.

1. Describe your goal in as much detail as possible (Narrative)

2. How much do you desire this goal? None ① ② ③ ④ ⑤ ⑥ A great amount

3. Why you want to achieve this goal? That is, describe what is motivating you.

4. Imagine you have just achieved your goal. Describe how you will feel? What will change in your life?

5. List the pathways (actions/strategies) you can use to achieve your goal. For example, if your goal is to get a better job, pathways might include: Education, Changing Jobs, etc.

Pathway 1: _____

Pathway 2: _____

Pathway 3: _____

6. Describe potential barriers for each pathway you listed.

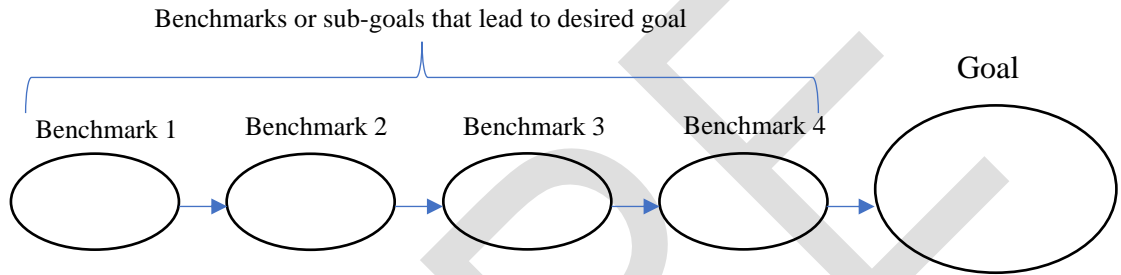
Pathway 1
Potential Barrier: _____

Pathway 2
Potential Barrier: _____

Pathway 3
Potential Barrier: _____

7. From points 5 & 6 above, choose the best pathway and describe how you will overcome the barriers to that pathway.

8. Describe a time when you achieved a difficult goal by overcoming barriers. That is, what were the barriers and how did you overcome them and how did you feel?
9. Describe the benchmarks that you need to achieve to attain the goal. For example, what are steps that must be accomplished for you to attain your goal?



Note: add more benchmarks if needed.

10. Identify people and/or resources you can count on for 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 stay motivated as you pursue your goal.

Overall, how successful do you think you will be in pursuing this goal?

| | | | | | |
|-----------------------|---------------------|---------------------|-----------------------|-------------------|-----------------|
| 1 | 2 | 3 | 4 | 5 | 6 |
| Not at all successful | A little successful | Somewhat successful | Moderately successful | Mostly successful | Very successful |

Goal 1: _____ Goal 2: _____ Goal 3: _____