THE POWER OF HOPE
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WHAT IS HOPE?

A POWERLESS VIEW OF HOPE

A warm, squishy feeling that we cling to when we don’t know what else to do.

EVEN WORSE

An attitude involving distorting reality to paint a happy face over problems and obstacles in life.
A DEFINITION OF HOPE

Hope is a perception that creates reality.

(Snyder, 2003)

AGENCY  PATHWAYS  GOALS

(Agency, 2003)

Hope accepts reality, then builds on it.
PROFOUND SLIDE

Hope is good.

TAKING YOUR HOPE TEMPERATURE

Rate the following 8 items using the scale below:

1 2 3 4 5 6 7 8
Definitely False Definitely True

1. I can think of many ways to get out of a jam.

2. There are lots of ways around any problem.
3. I can think of many ways to get the things in life that are most important to me.

1 2 3 4 5 6 7 8
Definitely False

4. Even when others get discouraged, I know I can find a way to solve the problem.

1 2 3 4 5 6 7 8
Definitely False

5. I energetically pursue my goals.

1 2 3 4 5 6 7 8
Definitely False

6. My past experiences have prepared me well for the future.

1 2 3 4 5 6 7 8
Definitely False

7. I've been pretty successful in life.

1 2 3 4 5 6 7 8
Definitely False

8. I meet the goals that I set for myself.

1 2 3 4 5 6 7 8
Definitely False
**WHAT CAN I DO?**

- Don’t be afraid to hope.
- Set personally meaningful goals.
- Be aware of where your hope falters—agency vs. pathways.
- Allow yourself to daydream.
- Be honest with yourself.

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*Hope is the thing with feathers*

That perches in the soul,  
And sings the tune—without the words,  
And never stops at all.  

And sweeter in the gale is heard;  
And sore must be the storm  
That could abash the little bird  
That kept so many warm.  

I’ve heard it in the chillest land,  
And on the strangest sea;  
Yet, never in extremity,  
It asked a crumb of me.  

- Emily Dickinson

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**THANK YOU!**