

***AN APPROACH TO  
REMAINING HEALTHY  
(MENTALLY & SOCIALLY)***  
**1**

# **FIVE WAYS TO CULTIVATE HOPE WHEN YOU DON'T HAVE ANY**

## **1. GIVE YOURSELF PERMISSION TO BE HOPEFUL.**

*THE TRUTH IS, WHETHER OR NOT WE ALLOW OURSELVES TO HOPE, AT SOME POINT WE'RE GOING TO BE DISAPPOINTED. SO DON'T THINK THE SOLUTION IS NEVER ALLOWING OURSELVES TO FEEL HOPEFUL OR GIVE UP ON HOPE ALTOGETHER. GO AHEAD AND GRANT YOURSELF PERMISSION TO LOOK TOWARD THE FUTURE WITH EXCITEMENT AND AMBITION.*

## **2. SET AT LEAST ONE MEANINGFUL GOAL.**

*FIRST, IN ORDER TO BE HOPEFUL, PEOPLE MUST THINK IN A GOAL-ORIENTED WAY. MAKE IT A POINT TO ALWAYS BE WORKING TOWARD AT LEAST ONE GOAL THAT'S INTRINSICALLY MEANINGFUL. IN OTHER WORDS, IT SHOULDN'T BE SOMETHING YOU HAVE TO DO – LIKE CROSSING OFF YOUR WORK TO-DO LIST – BUT SOMETHING YOU WANT TO DO.*

## **3. BRAINSTORM SOLUTIONS.**

*IF YOU SET A GOAL THAT'S MEANINGFUL TO YOU, THEN ALSO CREATE "PATHWAYS" OF HOW TO ACHIEVE YOUR GOAL. PEOPLE WHO ARE HIGH IN HOPE TEND TO GENERATE LOTS OF PATHWAYS – SO IF ONE DOESN'T WORK OUT, THEY HAVE AN ALTERNATIVE AT THE READY. IF YOU'RE STRUGGLING TO MAKE A PLAN, OR YOU KEEP BEING BLOCKED, SIT DOWN WITH A PEN AND PAPER AND BRAINSTORM SOLUTIONS.*

## **4. CALL YOUR SUPPORT TEAM.**

*ONE OF THE BEST WAYS TO INCREASE YOUR MOTIVATION TO ACHIEVE YOUR GOAL IS TO HAVE SOMEONE YOU CARE ABOUT TELL YOU THEY BELIEVE IN YOU. MAKE A LIST OF YOUR BIGGEST SUPPORTERS, SO WHEN YOU'RE FEELING UNMOTIVATED, YOU KNOW EXACTLY WHOM TO CALL FOR A BOOST.*

## **5. TAP INTO YOUR IMAGINATION.**

*LET'S SAY YOU SET A GOAL FOR THE WEEK. SPEND A FEW MINUTES REFLECTING ON OR TALKING ABOUT WHAT WOULD HAPPEN IF YOU ACHIEVED IT. "HOW DOES IT IMPACT YOU, OR HOW WOULD IT BENEFIT OTHERS?" WHEN YOU CAN SEE YOURSELF IN THE FUTURE, THAT IS THE VERY ESSENCE OF HOPE.*