

Cultivating Hope & Possibility

Dream: What is one thing you would love for your future?

Plan & Act: What are all the small actions you can take at this point, that will start moving you closer towards this dream? [be sure to revisit your plans relatively often]

Believe: Jot down 3 short sentences that you can use to help remind you of your capability. Put them where you will see them frequently. e.g. I am capable and resourceful

3 point model taken from Snyder's Hope Theory