



High Hopes Bundle



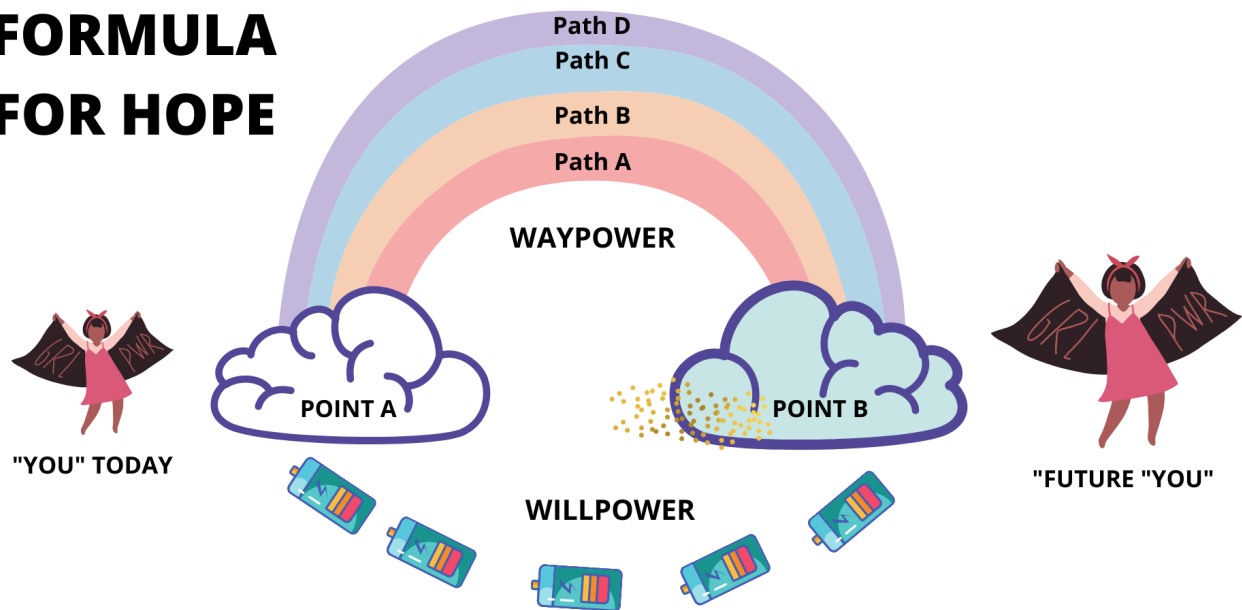


What Is Hope?

Hope is...

- Believing the future will be better than right now
- About taking action
- Knowing you can get from Point A to Point B
- Knowing there are many paths to your goals AND none of them is free of obstacles
- About your head (thoughts) and your heart (feelings)

FORMULA FOR HOPE



Charles Snyder Theory



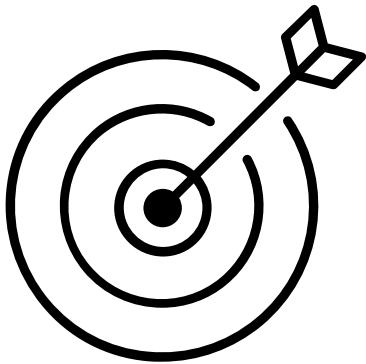
Goal Setting

G-POWER

- Goals can be big or small
- It's something that matters to YOU
- A goal has to be clear and you have to be able to track or measure it.
- Make sure to set a time for when you would like to have reached your goal.
- HAVE FUN WITH GOAL SETTING.

WRITE DOWN OR DRAW YOUR GOAL BELOW.

If you still are unsure about your goal, have fun with it. Write, cut out or create pictures of things that are meaningful to you or that you love to do. See what excites or interests you!





Will Power



HAVING THE ENERGY TO KEEP MOVING TOWARDS YOUR GOAL

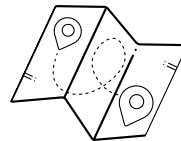
YOUR WILL POWER WORDS

We all have some days where we just feel frustrated or that we don't have the energy to work on our goals. Sometimes we even feel like giving up. In the space below, write some words or sentences NOW that you can use to re-charge your battery or give you energy to keep going LATER.

For example: I CAN DO THIS. I'M SMART AND TRYING HARD. I MAY JUST NEED SOME EXTRA HELP.



Way Power

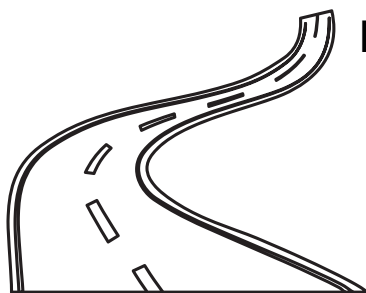


FINDING DIFFERENT PATHS TO REACH YOUR GOAL

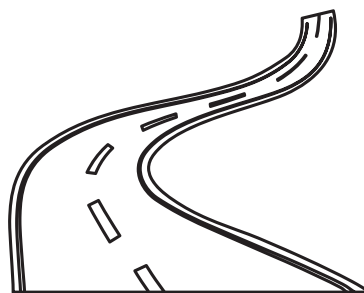
YOUR WAYPOWER PATH

If you were walking to someone's house, you would need directions on how to get there. Our goals work the same way. It's really hard to get there without a map. So once you have your goal, write down all the possible things you could do to get there. Have fun. Brainstorm different paths. You only need 1 or 2 to start with. If you have many, you always have another road to try!

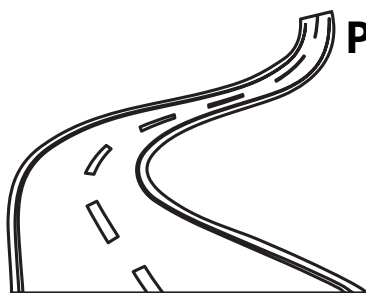
Brainstorm your ideas below. Maybe ask someone that has reached your goal before the steps they took or read about someone's story who did what you are trying to do. Talk to a friend or caregiver - that can help you if you get stuck too!.



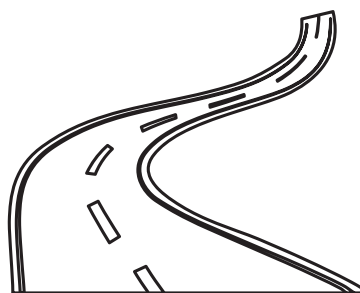
PATH A



PATH B



PATH C



PATH D





Goal Tracker



TRACKING IS KEY TO REACHING YOUR GOALS

Tracking what you do every week is important because it shows you how hard you are trying AND how far you've come. Celebrate any little step forward. If you feel stuck one week, that's OK. Read your WILLPOWER WORDS and ask for some help.

