



Hope Discussion Notes

What does 'hope' mean to you?

- Being positive about what there is to do
- Positive glimmer of light
- Finally discovering what I want to do
- Perspective
- Life is Hope!
- The thought that better things are yet to come
- Expectation and desire
- Forward looking
- Something nice in the future
- Stretching possibilities/against the odds
- The joy ahead
- Optimism that things will improve
- A promise of newness
- It will be OK

How does 'hope' feel?

- Purposeful and rewarding
- Anticipatory
- Exciting
- Empowering
- Safe
- Limitless and unbounded
- Looking into the future
- Peace and calm
- Kind and compassionate
- Fresh air/lightness/welcome
- Courage and determination
- Resilient
- Joy
- High positive energy
- Uplifting
- Recovery



How can 'hope' be helpful

- If we didn't have hope, what would we look for?
- Hope is a 'doing' word
- Helpful when setting goals and aspirations
- Power of positivity – believing you can
- A helpful distraction – aim for better
- Connected to purpose and strength
- Something you can hold onto – anchor/life raft
- Encourages and motivates you
- Triggers actions
- The pursuit of hope gives momentum
- The antidote to depression

What kind of things trigger 'hope'?

- New agreements
- Family
- Signs of improvement
- Hearing about the amount of people being vaccinated
- Nature – The first smell of warm summer/leaves/cold frost
- Taking the first step in saying 'no'
- Feedback
- Being with people who give a good energy / idea
- Starting a new day
- A good night's sleep (re-set)

How can I increase 'hope'?

- Surround yourself with positive people
- Encourage positive thoughts and view points
- Share positivity with others
- Sunshine and a cuppa
- Meeting friends
- Going for a walk
- Being in nature
- Advocate for a cause
- Travel / more planning
- Amazing local spots
- My child and pet



- Dreaming
- Taking time to consciously reflect and review where I have come from
- Words of encouragement and random acts of kindness

Takeaways and Actions

- Be the driving force
- Look forward (not back)
- Hop has no limits (it can carry on forever)
- Find more moments of calm
- Give myself permission to rest, reflect and have down time
- Be kind to ourselves and make ourselves a priority (it's not selfish)
- Be connected to good people through a support system
- Create an album of 'hope' (pictures)
- Reflect on where you've come from
- Trust the future and human kind