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Deborah Baker: Keeping Hope Alive

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Table Question

What does hope mean to you, and what keeps you close to that?

Journal Prompt

This is what it means to “hold myself”...

Action Step

Come up with a short, clear list of self-soothing activities and/or mantras that ground you in the midst of overwhelm. Place it somewhere easily-spottable for reference whenever you might need it.

Further exploration:

[*Man's Search For Meaning*](#) by Victor Frankl

[*When Things Fall Apart: Heart Advice for Hard Times*](#) by Pema Chodron

Learn more about Deborah's work: parkhillyoga.com