

HOPE ACTION PLAN

Complete your Hope Action Plan and choose one small step to take today.

<p>GOAL or PROBLEM</p> <p>What am I working on?</p>	
<p>VISUALIZE and DESCRIBE</p>	
<p>STRATEGIES</p> <p>How will I reach my goal or solve my problem?</p>	
<p>MOTIVATION</p> <p>Hope-Hacking Thoughts to Change</p> <p>Energizing, hope-filled thoughts</p> <p>Ways to Celebrate</p>	
<p>HOPE AGENTS</p> <p>Who will you ask for help?</p>	
<p>HOPE HABITS</p>	
<p>HOPE STACKING</p>	