BEST QUESTERS

HOPE ACTION PLAN

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

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