



spirit of EQ

Emotional Intelligence · Enneagram · Spiritual Formation

What Is My Hope Rooted In?

A reflection sheet companion to "Hope Takes Practice"

Hope that depends on a particular outcome breaks the moment the outcome looks uncertain. Hope that is rooted somewhere deeper can hold steady through circumstances you cannot control. Take fifteen quiet minutes with these questions — a legal pad and a closed door will do.

1. What am I hoping for right now? Name it plainly, without dressing it up.

2. Who is that hope actually for — me, someone I love, something larger than either of us?

3. Who, or what, is in control of the outcome I'm hoping for? Be honest about what is and isn't mine to carry.

4. If the circumstances around me don't change at all, is there still a hope I can hold? What is it rooted in?

5. Where in my life have I been waiting for evidence before I let myself hope? What would it look like to practice hope instead of waiting for it?

6. Who is watching my face right now, in whatever room I'm standing in? What tone am I setting for them, whether I mean to or not?
