

HOPE ACTION PLAN

The *Hope Action Plan* is designed to help you build resilience and purpose as an educator or leader by applying strategies from *High Five to Thrive*. This assignment moves beyond theory and gives you a practical framework for teacher wellness and effectiveness. Watch your hope grow and grow because that's what hope does when it has the right conditions to help it grow.

Instructions

Use the Hope Action Plan template to complete this activity.

Step 1: Challenges Identified

- List 2–3 current stressors/obstacles I face as an educator/leader.
 - Explain how these affect my mindset, energy, or effectiveness.
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Step 2: Hope Strategies Applied

- Select strategies from *High Five to Thrive* that can address each challenge.
 - Show how these strategies would be applied in practice.
 - My strategies connect to at least one of the HFTT focus areas:
 - Reframing negative self-talk
 - Building habits
 - Strengthening connections
 - Enhancing mind–body balance
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Step 3: Pathways & Goals

- Set one short-term goal and one long-term goal for myself.
 - Identify at least 2 possible pathways to reach each goal.
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Step 4: Action Commitment

- List **2 daily or weekly habits** I will commit to this semester.
- Explain how I will **hold myself accountable** (e.g., journaling, peer support, reminders).

Share your Hope Action Plan strategies, questions, thoughts, with colleagues in our Telegram chat!