

# WHAT ARE YOUR GREATEST HOPES FOR YOURSELF?

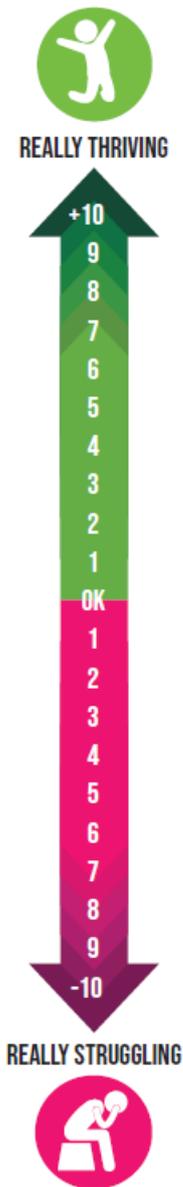
Professor David Cooperrider, one of the world's leading researchers in creating positive change, proposes that positive images pulls us toward new possibilities and fuel us with hope. These positive images of our best possible future help us realise we have the power to make things happen and to hang in there with courage and persistence when things get tough. Do you have a clear vision of how you want your life to be in the future?

Please take a moment to reflect on where you are now in your life, where you would like to to be in the weeks and months ahead and what it would take to get there.

To help you with this, please complete the Hope Ladder activity below.

## 1. Your life now

Imagine that this ladder represents a way of picturing your life. The top of the ladder represents you at your best. Indicate on the ladder using an X, where you feel you would be right now (any where between 1 - 10).



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**What is happening in your life right now that influenced where you placed yourself on the ladder? Are you experiencing some struggle? Would you describe this as more internal, external or both? How long have you felt this way?**

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## 2. Your Hope for the Future

Next, place a ★ in the spot on the ladder where you would like to be a year from now, if everything went as well as it possibly could and you were consistently thriving in all areas of your life.

Use the space below to describe what your life will look like, feel like and sound like, a year from now when you reach your nominated future state. Try to record some statements about what's different and the impact this makes for you, your family, your friends and your participation at work or in the community. What might other say about you? What will you be most proud of?

You may wish to draw something to represent this more visually or create a vision board. We will keep coming back to these hopes you have for yourself throughout our BEACON program. They will act as a guiding light to move toward.

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***"How we see our future, determines how we will behave today" Shane Lopez***

The more clearly we can see our hopes for the future, the more power they have to pull us forward. Hope is an antidote to the helplessness we sometimes feel in struggle. Hope means we are beginning to believe the future will be better than today and that we we have the capability to make our hopes happen. We will work with you on bringing your hopes to fruition, one small step at a time.