

Hope Worksheet

The purpose of this worksheet is to assist you in establishing and pursuing a desirable goal. By describing your desirable goal in as much detail as possible, you are likely to experience an increase in your motivation and interest. When you have described one or more possible strategies to your goal, you are now on the pathway to rising and sustained hope.

1. Describe your goal in as much detail as possible (See Goal Worksheet)

2. How much do you desire this goal? None ① ② ③ ④ ⑤ ⑥ A great amount

3. Why you want to achieve this goal? That is, describe what is motivating you.

4. Imagine you have just achieved your goal. Describe how you will feel? What will change in your life? How will others be impacted by you achievement?

5. List the pathways (actions/strategies) you can use to achieve your goal. For example, if your goal is to get a better job, pathways might include: Education, Changing Jobs, etc.

Pathway 1: _____

Pathway 2: _____

Pathway 3: _____

6. Describe potential barriers for each pathway you listed.

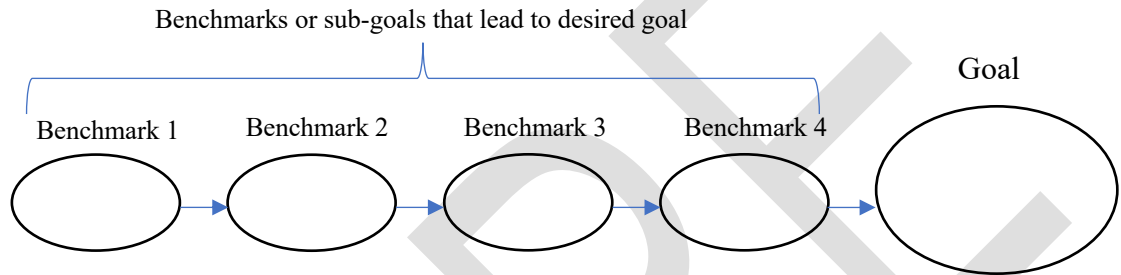
Pathway 1
Potential Barrier: _____

Pathway 2
Potential Barrier: _____

Pathway 3
Potential Barrier: _____

7. From points 5 & 6 above, choose the best pathway and describe how you will overcome the barriers to that pathway.

8. Describe a time when you achieved a difficult goal by overcoming barriers. That is, what were the barriers and how did you overcome them and how did you feel?
9. Describe the benchmarks that you need to achieve to attain the goal. For example, what are steps that must be accomplished for you to attain your goal?



Note: add more benchmarks if needed.

10. Identify people and/or resources you can count on for support in pursuing your goal.
11. Describe something that motivates you (e.g., music, movie, person). Think of how you can use this inspiration to help you stay motivated as you pursue your goal.

Overall, how successful do you think you will be in pursuing this goal?

1	2	3	4	5	6
Not at all successful	A little successful	Somewhat successful	Moderately successful	Mostly successful	Very successful

Goal 1: _____ Goal 2: _____ Goal 3: _____