Hope Centered

"HOPE ELEVATOR SPEECH"

Assume everyone hears the word hope and interprets it as wishful thinking!

As much as possible, use the phrase:

"THE SCIENCE OF HOPE"

1. **DEFINE HOPE**: Hope is the belief the future can be better, and you have a role to play in pursuing that future.

2. **CLARIFY THE SIMPLICITY:** Hope is based upon three simple concepts of Goals, Pathways, and Willpower. We all set and pursue goals every day. Hope is based upon our capacity to set and purse the pathways toward the goals and dedicate the willpower to sustain those pathways pursuits.

3. **HOPE IS MORE THAN WISHING:** Both pathways and willpower are required for hope. Wishing is having the desire (willpower) but not having the pathways. Wishing is passive toward the goals, hope is about taking action to pursue the future you desire.

4. **HOPE IS ONE OF THE STRONGEST PREDICTORS OF WELL-BEING.**

   NOTE:

   _____

   _____

   _____

   _____

Reproduction and/or distribution of these materials is not allowed without License Agreement from Chan Hellman LLC.