

Name *First and last* _____

Date _____

1. Your Big GOAL *Write out the single overarching goal you hope to achieve.*

2. What is your "LEVEL OF DESIRE" to achieve this goal? *Min* (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) *Max*

3. Your PURPOSE *What's your WHY? Describe why or what is motivating you to achieve this goal.*

4. You Will Be PROUD *Just imagine how you will feel when you accomplish this goal. What will you think? How will it affect others?*

5.a. Your PATHWAYS *Having Way-power means you have different strategies or options to achieve your goal.*

Pathway 1 _____

Pathway 2 _____

Pathway 3 _____

5.b. PROBLEMS *Identify what barriers you might face along each pathway.*

Pathway 1 Potential Barrier _____

Pathway 2 Potential Barrier _____

Pathway 2 Potential Barrier _____

5.c. Your Choice, Your PLAN *After reviewing your PATHWAYS and PROBLEMS listed above, choose the best PATHWAY and describe how you will overcome the barriers or problems on that pathway.*

6. Your PAST PERFORMANCE & PERSEVERANCE Recall how you achieved a difficult goal and overcame barriers in the past.

7. STEPPING STONES to Your Big Goal Describe all the mini-steps in order, that you will need to accomplish to reach your goal.

STEP A _____

STEP B _____

STEP C _____

STEP D _____

STEP E _____

8. PEOPLE & RESOURCES List who and what you will need for support along the way.

People

Resources

9. What Powers-up your PASSION Think about something that motivates you like a song, a movie, a person, etc. and think how you can use this inspiration to help you stay focused on your mini-steps while pursuing your goal.

10. Your PREDICTION Now that you have a detailed plan for **Your Big GOAL**, predict how successful you think you will be in reaching the goal you set.

Min ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ Max

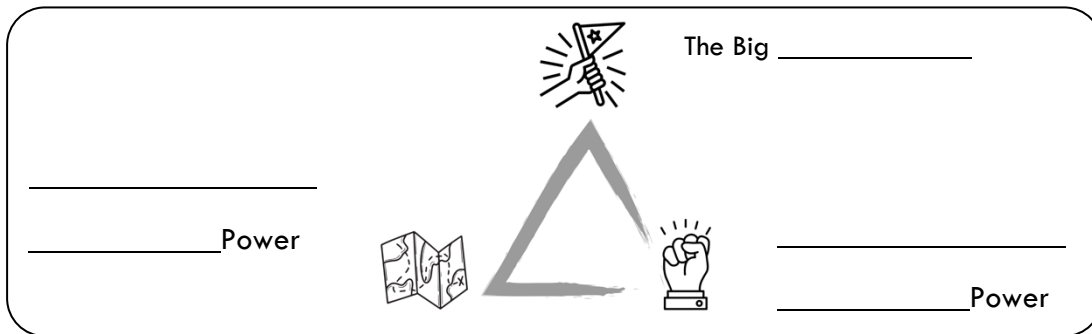
Hope Science: Making Hope Matter More

GEAR UP Kick-off, Leavenworth, August 2022

1. Finding hope can be challenging for people have faced challenges and sustained stress in their lives.

- a) ACEs stands for _____ Childhood Experiences.
- b) PACEs stands for _____ Childhood Experiences.
- c) ACEs and PACEs applies to both children and _____.
- d) HOPE is the belief that your future will be _____ than today and that _____ have the _____ to make it so!

2. The Hope Triangle includes three simple components that can be taught to students, families and staff.



When someone seems unmotivated, recall that people are _____ by something, just not by the same things that motivate you.

Loosing hope leads to anger, _____, _____ and ultimately hopelessness.

Building hope is nurtured by, _____, _____ and small _____.

3. Hope Goal Setting Process / Worksheet (see handout) ADDITIONAL NOTES

4. CALL TO ACTION

- a. Start
- b. Stop
- c. Learn More About