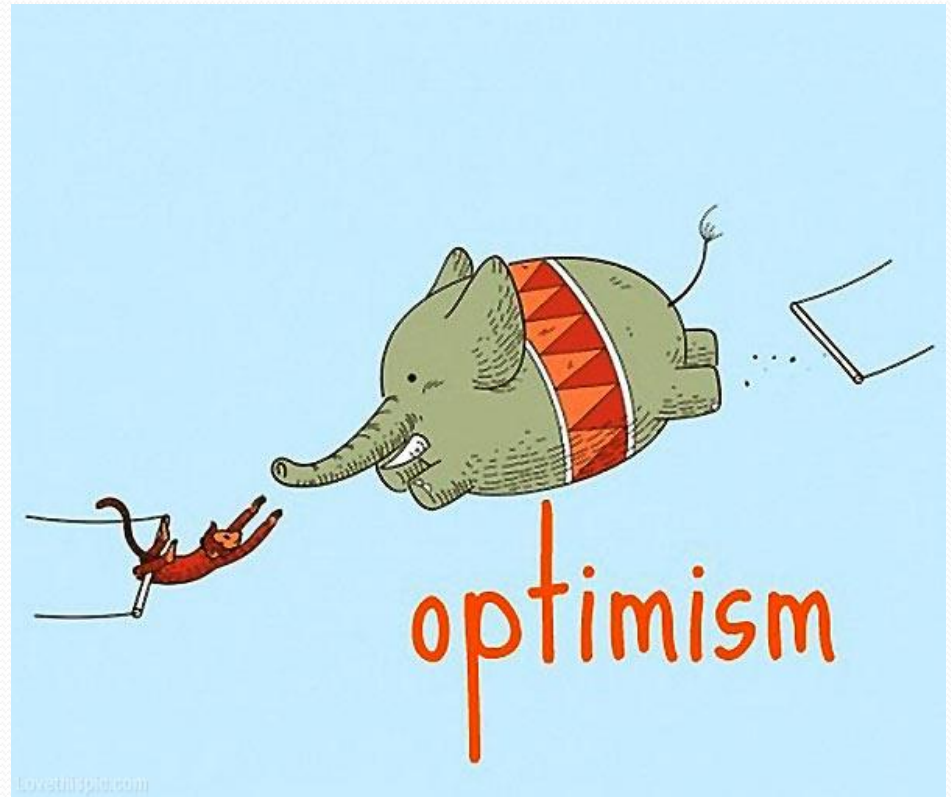


Hope



Hope

The feeling of wanting something to happen and thinking that it could happen. Like optimism it is being hopeful about future outcomes combined with the agency to shape that future.



Hope

- If Hope is your top strength you expect the best in the future, and you work to achieve it. You believe that the future is something that you can control.
- Hope falls under the virtue category of Transcendence. Transcendence describes strengths that provide a broad sense of connection to something higher in meaning and purpose than ourselves.
- Optimism is closely linked with having a particular explanatory style (how we explain the causes of bad events). People using an optimistic explanatory style interpret events as external, unstable and specific. Those using a pessimistic explanatory style interpret events as internal, stable and global.

Wais' Wisdom: Hope

The character strength of hope is defined as the expectation that good things will happen in the future. Hope has two very important components, expectation and agency. Hopeful people don't only hope for the best, they are confident they know how to make the best happen, this is a very important point. Research tells us that hope leads to everything from better performance in school to more success in the workplace to greater happiness. Some researchers believe hope and optimism are different, however if optimism is defined as it is [here](#), then once again Character Lab is a great place to start (hope and optimism become the same).

This is a wonderful article on hope and hope researcher Shane Lopez. (<http://www.livehappy.com/self/resilience/hope-monger>)

Also, a short blog posting by Shane Lopez on how to make hope happen with your children. (<https://www.psychologytoday.com/blog/making-hope-happen/201308/nexting-while-walking>)

Hope/optimism are protective factors in the face of depression, cultivating them is critical.

Hope Activities

Other ways to instill hope in children:

1. Talk about goals and how to achieve them.
2. Talk about other people who have overcome adversity.
3. Talk about self-talk and explanatory style.

This is a youtube video about a very common hope exercise, called "Best Possible Self." (<https://youtu.be/wrJ8i5nU0mU>)

Infographic



How Optimism Can Improve Your Life and Your Health

Created by

happify™

Science-based activities & games for a happier, healthier life at Happify.com

<http://my.happify.com/hd/optimism-infographic/>

Hope/ Optimism: Video



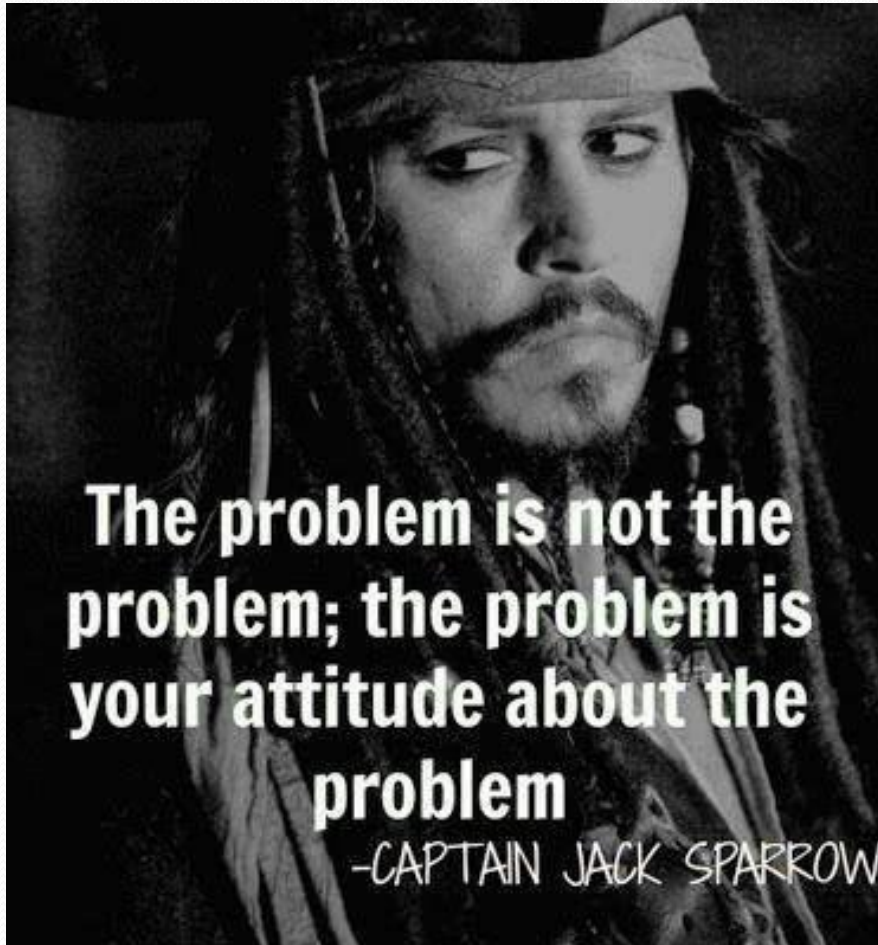
- <https://www.youtube.com/watch?v=UUlaseGrkLc>

HAPPINESS
CAN BE
FOUND EVEN
IN THE DARKEST OF TIMES
IF ONE ONLY REMEMBERS
TO TURN ON THE
LIGHT. -ALBUS
DUMBLEDORE





Wisdom for your Walls



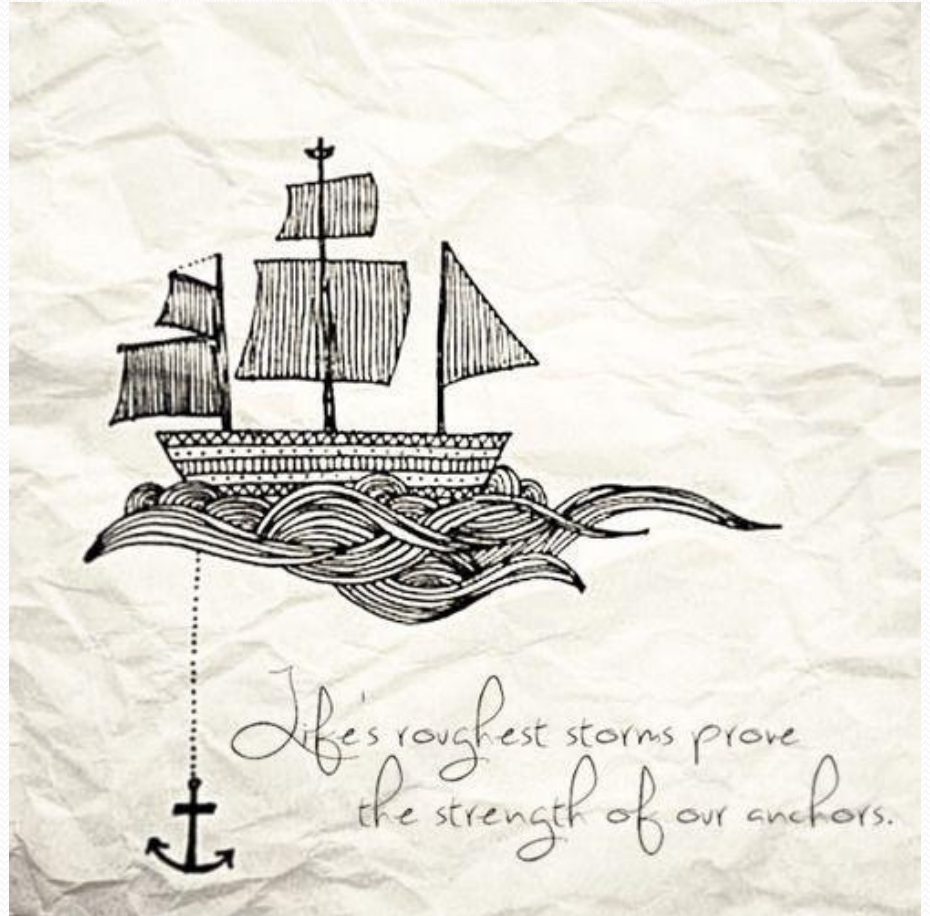


if no one comes from the future
to stop you from doing it then
how bad of a decision can it
really be

#new life motto

CUPCAKES
ARE
MUFFINS
THAT
BELIEVED
IN MIRACLES

Life is like the ocean. It can be calm or still, and rough or rigid, but in the end, it is always beautiful.



Books on Hope

Bantam of the Opera

by Mary Jane Auch

The Legend of the Indian
Paintbrush

by Tomie dePaola

Honk!

by Pamela Duncan Edwards

The Lotus Seed

by Sherry Garland

Gold Fever

by Verla Kay

The Ballot Box Battle

By Emily Arnold McCully

The Glorious Flight

by Alice and Martin Provensen

The Whispering Cloth: A Refugee's
Story

by Pegi Deitz Shea

Sylvester and the Magic Pebbl

by William Steig

The Polar Express

by Chris Van Allsburg

Owl Moon

by Jane Yolen

Cry, Heart, But Never Break

by Glenn Ringtved

When We Were Alone

by Daniel A. Robertson

Solving the Puzzle Under the Sea

by Robert Burleigh

The Youngest Marcher

by Cynthia Levinson

Yard Sale

by Eve Bunting

Snow

by Uri Shulevitz

My Name is Sangoel

by Karen Williams

The Night Gardener

by Fan Brothers

The Journey

by Francesca Sanna

Be A Friend

by Salina Yoon

Stepping Stones

by Margriet Ruurs

Ida always

by Caron Levis and Charles
Santoso

Jacob's New Dress

by Sarah and Ian Hoffman

Snappy the Alligator

by Julie Falatko