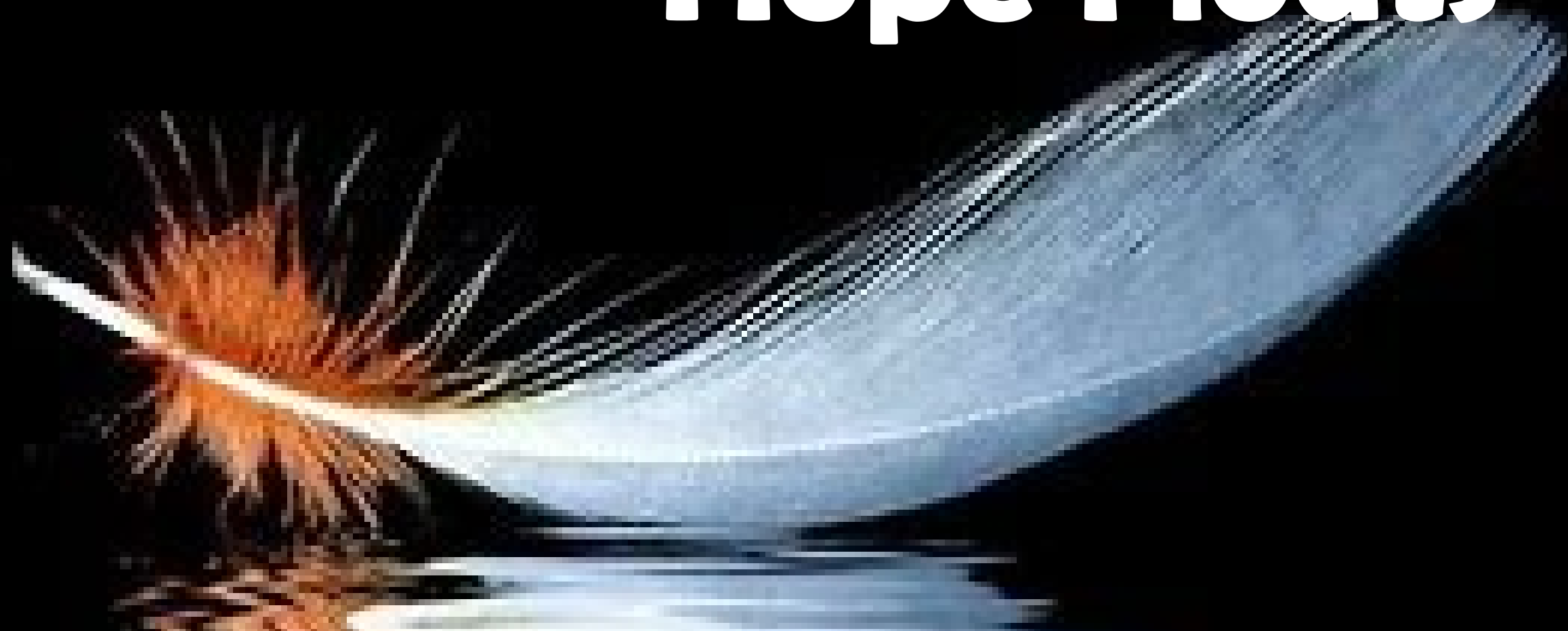




Hope Floats





Goal



- for you to become more conscious and appreciative of how a hopeful attitude contributes to your readiness and resilience

Objectives: By the end of the session you will have

- a. Identified some things you hope for and some things that you have hope in.
- b. Reflected on the role patience, personal courage, and persistence play in developing a hopeful attitude.
- c. Expressed your personal understanding of how and where hope fits into your life.



***“Hope begins in the dark,
the stubborn hope
that if you just show up
and try to do the right thing,
the dawn will come.
You wait and watch and work:
you don’t give up.”***



Anne Lamott



Attitudes

Patience

Personal Courage

Persistence



How would you describe each of these three attitudes? What do they look like in practice for you?

How does each of these attitudes contribute to a hopeful outlook related to your service?



Discussion



- Describe a situation when hope pulled you through.
- What do you think people mean when they say “Don’t get your hopes up too high?” What would be a good response to this advice?
- Does the prospect of the future fill you with anxiety or hope? What people and/or events have contributed to your feeling?



Activity

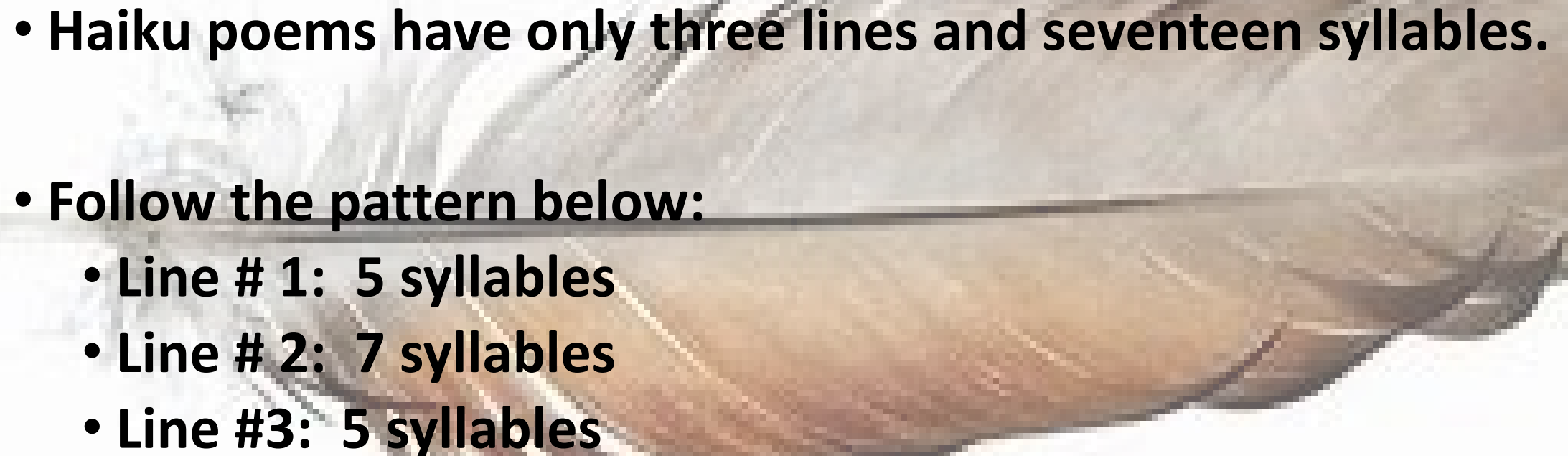


I hope for.....

I have hope in.....



A Hopeful Haiku

- Haiku poems have only three lines and seventeen syllables.
 - Follow the pattern below:
 - Line # 1: 5 syllables
 - Line # 2: 7 syllables
 - Line #3: 5 syllables
- 

Closing Thought



Hope floats light as a feather.

It dances in the red-black flames of burning coal.

Hope is boundless and has no end.

It is the spark of life that lives within all beings.

*Hope waits only for invitation, waits only for one little whisper,
one little word or thought or bend of the soul.*



Anonymous