

The Hope Map

STEP 1. GOAL SETTING

Determine a clear and exciting vision of a Goal that you would like to achieve. Write your goal in the big box displayed in the last column of the Hope Map.

STEP 2. ACTION PLANNING

In the Pathways section (first column of the Hope Map), write down several actions, pathways, or steps you will take to pursue the goal. Use one action per box.

STEP 3. IDENTIFYING OBSTACLES

In the Obstacles section (second column of the Hope Map), identify at least one obstacle that might block each of the paths you have described. You may list several obstacles per box.

STEP 4. OVERCOMING OBSTACLES

Moving back to the Pathways section, review your existing pathways, including strategies to overcome the obstacle identified. This may include developing new pathways altogether or building additional steps to your existing pathways (you can use the boxes in the third column of the Hope Map to identify additional pathways). For any new pathways identified, repeat Steps 3 and 4 to overcome any obstacles that will block your progress.

STEP 5. MAINTAINING MOTIVATION

In the circles around the edges of the page, write down ideas for maintaining your energy and motivation while you move toward the Goal Box along the selected pathways. Be particularly mindful of the situations and obstacles that are likely to sap your willpower and be sure to come up with ideas for countering those challenges.

PATHWAYS

OBSTACLES

PATHWAYS

GOAL(S)

