

HOPE

You have goals and look forward to a better future.

[More info on Hope](http://www.viacharacter.org) www.viacharacter.org

What are the signs of being a hopeful person?

What work might suit someone who is hopeful?

What advantage is there in developing hope?

Make a plan to become more hopeful & optimistic!

I'd love to have more hope in the following situation:

This would help me to have more hope (e.g. develop optimism skills, consult hopeful people):

When and where I'll be more hopeful:

To remind yourself to do this PRINT or TAKE A PHOTO of this page.