Hope is Teachable: Using Hope Science to Help Students Overcome Obstacles & Achieve Goals

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The premise of Hope Science is that when we have higher levels of hope, we realize more positive outcomes in our lives. We can help build our students’ hope levels as well, helping them to achieve better grades, increased confidence, and more resilience, among many other benefits. We can build our own hope and that of our students by focusing on creating actionable goals that align with those areas of our lives in which we have control, by mapping out and creating routes to achieve those goals, implementing skills to successfully navigating challenges that arise, and using strategies that resonate on an individual level to maintain our motivation along the way. To get started:

* Envision what success in a certain goal looks like and feels like for you.
* Write down your goals that will help you achieve your vision, with as much detail as possible. Try out this [Goals Worksheet](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcontent.govdelivery.com%2Fattachments%2FWAOSPI%2F2022%2F04%2F28%2Ffile_attachments%2F2144228%2FGoals%2520Worksheet.docx&data=05%7C01%7Ckefi.andersen%40k12.wa.us%7C8d68dc84629a44d5750008da7cc50fc4%7Cb2fe5ccf10a546feae45a0267412af7a%7C0%7C0%7C637959483075499260%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ZUl10wuAhTpdHC9MRHo7y0PYNEI0C%2Bdc2jHYrL6GEvE%3D&reserved=0).
* Map out the pathways that you can take to achieve your goals.
	+ Think ahead about the barriers you might face. How can you prevent the barriers from getting in your way? If you do encounter barriers, how will you navigate around or through them? Do you have any backup pathways, just in case? Try out this [Hope Worksheet](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcontent.govdelivery.com%2Fattachments%2FWAOSPI%2F2022%2F04%2F28%2Ffile_attachments%2F2144227%2FHope%2520Worksheet.docx&data=05%7C01%7Ckefi.andersen%40k12.wa.us%7C8d68dc84629a44d5750008da7cc50fc4%7Cb2fe5ccf10a546feae45a0267412af7a%7C0%7C0%7C637959483075499260%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=LX50%2Fyr%2Bs2cCzl3bExvqaSU7kSKVTx85WEoyXaLJdzo%3D&reserved=0) to add detail to each of your goals.
* Think about and jot down the things that keep you motivated.
	+ How can you reward yourself for achieving milestones along your pathway to your goal? Simple or extravagant – you pick what you’re willing to work for!

For a great read, check out Dr. Shawn Ginwright's blog post: [The Future of Healing: Shifting From Trauma Informed Care to Healing Centered Engagement](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fginwright.medium.com%2Fthe-future-of-healing-shifting-from-trauma-informed-care-to-healing-centered-engagement-634f557ce69c&data=05%7C01%7Ckefi.andersen%40k12.wa.us%7C8d68dc84629a44d5750008da7cc50fc4%7Cb2fe5ccf10a546feae45a0267412af7a%7C0%7C0%7C637959483075655480%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ab7tCOaXDxnJHvneC65MRQpiEDVdV2eGEH4oPnN44rs%3D&reserved=0)

Or listen to Dr. Ginwright and Brene Brown talk about his new book [The Four Pivots](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbookshop.org%2Fbooks%2Fthe-four-pivots-reimagining-justice-reimagining-ourselves%2F9781623175429&data=05%7C01%7Ckefi.andersen%40k12.wa.us%7C8d68dc84629a44d5750008da7cc50fc4%7Cb2fe5ccf10a546feae45a0267412af7a%7C0%7C0%7C637959483075655480%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Gw8n4ttghoDCuaDD5kHE%2F5fF%2FSY9zI%2B44XrJ5WEbCME%3D&reserved=0) on the [Unlocking Us podcast](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fopen.spotify.com%2Fepisode%2F27qUt2DfcLROhzFZaO2gqG%3Fsi%3Db86963752a9d4b42&data=05%7C01%7Ckefi.andersen%40k12.wa.us%7C8d68dc84629a44d5750008da7cc50fc4%7Cb2fe5ccf10a546feae45a0267412af7a%7C0%7C0%7C637959483075655480%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=nfQixwwk6sK21sD9rNlo5skaEKKHMYyS32Qk9Pw%2BUoM%3D&reserved=0). More about healing and liberation for youth and in schools on the [Flourish Agenda CARMA Chronicles podcast](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpodcast.flourishagenda.com%2F&data=05%7C01%7Ckefi.andersen%40k12.wa.us%7C8d68dc84629a44d5750008da7cc50fc4%7Cb2fe5ccf10a546feae45a0267412af7a%7C0%7C0%7C637959483075655480%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=sxllVd3dWJdoEqC8pLGPNQZBTB2CuLJ6oKTQCx7B9Wo%3D&reserved=0).

Hope is critical part of life. If we can teach ourselves and our students how to find pathways to hope, no matter what we may experience on our journeys, we will be empowered with the tools we need to find and maintain hope even during the most trying of times.