

## What Is Hope?

Hope is a positive, optimistic frame of mind in which we expect good events and scenarios to occur.

An important part of resilience, a general ability to remain hopeful can help you bounce back more effectively from life's difficulties when they do crop up.

Completing the following questions will give you some insight into your personal relationship with hope and hopelessness. This can be helpful if you are looking for ways to cultivate a more optimistic frame of mind, long-term.

**Aristotle once said: "*Hope is a waking dream.*" What do you feel this means to you, personally?**

**Have your own hopes changed throughout your life? How?**

**What are three of your biggest aspirations right now?**

**How has being hopeful, or feeling hopeless, influenced choices you've made?**

**Has anything happened to you that caused you to lose hope?**

**What kind of things, people, or activities give you hope? Where do you feel your hope, or your hopelessness, comes from in life?**

**In what ways do your surroundings give you more or less hope? How have they given you more or less hope in the past?**

**What kinds of things need to occur for you to feel more hopeful about your life?**

