



Hope

FINDING MEANING AND PURPOSE EVERY DAY



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You Matter ~ Your Story Is Not Over ~ Small Steps Lead to Big Change

WHAT IS HOPE?

Hope is believing that tomorrow can be better than today. It's the light that helps us keep moving forward, even when life is hard.

WHY DOES HOPE MATTER?

- Gives us strength to face challenges
- Helps us find meaning and purpose
- Reminds us that we are not alone

WHAT GIVES US MEANING AND PURPOSE?

- Relationships and connection
- Helping others
- Faith and spirituality
- Creativity and self-expression
- Learning and growth

SIMPLE THINGS YOU CAN DO TODAY

TAKE ONE STEP AT A TIME

CONNECT WITH SOMEONE

PRACTICE GRATITUDE

BREATHE DEEPLY

FIND SOMETHING POSITIVE

ASK FOR HELP WHEN YOU NEED IT

FOCUS ON WHAT YOU CAN DO RIGHT NOW

SAY HELLO OR SHARE A SMILE

THINK OF ONE THING YOU'RE THANKFUL FOR

TAKE 3 SLOW BREATHS

LISTEN TO MUSIC OR NOTICE NATURE

YOU ARE NOT ALONE