

Hope Map

Goal

What do you hope for?

A systems model of **HOPE** consists of
WhyPower: pursuing a meaningful and valuable goal;
WayPower: finding pathways to achieve a desired goal;
WillPower: sustaining motivation and energy;
WePower: engaging and connecting with others.
Use this template to increase hope and wellbeing!

WhyPower

Why is this goal important?
How does it align to your values?

WayPower

What steps will you take to reach this goal?

Tracking Progress

How will you know that you are working towards your goal? If not progressing, consider adapting map.

WillPower

What strategies will you use to keep yourself motivated and determined? What strengths can you use?

WePower

What social resources will you tap as you work towards your goal? Who are your cheerleaders?