



## DAY OF HOPE FOLLOW UP

Thanks for organising for your students to attend The Hopefull Institute's Day of Hope seminar.  
We are so committed to presenting this as a way to help young people recognise their limitless potential and feel empowered, no matter what is going on around them.  
This follow-up document summarises the key points from Day of Hope and shares ideas for follow up exercises with your students.



## WORDS TO LIVE BY

SMOOTH SEAS DO NOT MAKE GOOD SAILORS

NOTHING SATISFIES THE HUMAN SPIRIT  
MORE THAN PURPOSE

MOTIVATION COMES AND GOES, SO DOES  
POPULARITY; SEEK INSTEAD PURPOSEFUL LIVING

THE COST OF YOUR DREAM WILL INCREASE EVERY  
MOMENT YOU DELAY PURSUING IT

COMPARISON IS AN ACT OF VIOLENCE  
AGAINST YOURSELF

## THE POWER OF PURPOSE

To find our purpose, there are three questions we must all ask ourselves:

**WHO AM I?** To define identity and self-awareness.

**WHY AM I HERE?** To establish meaning and purpose.

**WHERE AM I GOING?** To find destiny and direction.

## HOPE IS A STATE OF MIND, NOT A STATE OF THE WORLD

– VACLAV HAVEL

As shared in Day of Hope, talents are naturally recurring patterns of thoughts, feelings and behaviour that can be productively applied. Frameworks for unlocking talents and strengths include:

- VIA Character Strengths model
- Clifton Strengths Finder

Many young people today miss out on opportunities because they magnify their fear and bury their talent. To live a fulfilled life, we need to learn how to magnify our talent and bury our fear.

## EMERGING ADULTS STUDY

– PROFESSOR WILLIAM DAMON, STANFORD

Consider the results of this study:

**20%** of young people have a fully developed sense of purpose.

**55%** have some goals and aspirations but their goals are not their own, hence they derive no sense or purpose of meaning from them.

**25%** are disengaged and express no sense of purpose.

**WE LIVE IN A DISTRACTED WORLD; THEREFORE IT IS IMPORTANT TO KEEP OUR VISION IN FRONT OF US ALL THE TIME.**

**FINALLY I AM COMING TO THE CONCLUSION THAT MY HIGHEST AMBITION IS TO BE WHAT I ALREADY AM**

– THOMAS MERTON

The three elements needed to succeed are not what you might think they are:

**TALENT      OPPORTUNITY      DRIVE**

LIFE IS GOING TO BE HARD, WHETHER YOU PURSUE YOUR DREAM OR NOT. SO SINCE IT'S GOING TO BE HARD ANYWAY, WHY NOT SPEND YOUR TIME PURSUING SOMETHING YOU LOVE?



## TIME TO THINK DIFFERENTLY

NAVY SEAL RULE: WHEN YOUR MIND SAYS YOU ARE DONE YOU ARE ONLY 40% DONE

WE SEE THE WORLD AS WE ARE, BUT NOT HOW IT REALLY IS

OUR BELIEFS ARE THE KEY DRIVES TO OUR ACTIONS

DON'T UNDERESTIMATE YOURSELF AND OVERESTIMATE OTHERS

REFRAME YOUR COGNITIVE BIASES

## JAILBREAK

A PARADIGM IS A GLOBAL MINDSET THROUGH WHICH SOCIETY SEES THE WORLD.

A PARADIGM SHIFT OCCURS WHEN SOCIETY SEES THE WORLD THROUGH A NEW MINDSET.

### WHICH THOUGHTS ARE HOLDING YOU BACK?

#### Pessimistic thinking style

Permanent: Nothing can change  
Pervasive: Everything is the same  
Personal: It's all about me  
Uncontrollable: I can't create change

#### Optimistic thinking style

Temporary: Everything can change  
Local: I can start right here  
Not Personal: I'm part of the bigger picture  
Controllable: I can influence change

#### How are our beliefs formed?

The environment that surrounds us  
The events that happen to us  
The knowledge passed on to us  
Past Results that we are reminded of  
Imagination and what we picture to be real

### IMAGINATION IS EVERYTHING. IT IS THE PREVIEW OF LIFE'S COMING ATTRACTIONS

— ALBERT EINSTEIN

DON'T RUN FROM YOUR PAST, RUN TO YOUR PURPOSE.

NOTHING IN YOUR PAST CAN DISQUALIFY FROM YOUR FUTURE.



## INSPIRING WORDS TO LIVE BY

**NOT EVERY FOLLOWER IS A FRIEND**

**DON'T TRY TO WIN OVER THE HATERS  
YOU ARE NOT A JACKASS WHISPERER**  
– BRENE BROWN

**FAIL EARLY, FAIL OFTEN, FAIL FORWARD**  
– SILICON VALLEY MOTTO

**IF YOU DECIDE YOU'RE GOING TO DO ONLY THE THINGS  
YOU KNOW ARE GOING TO WORK YOU'RE GOING TO  
LEAVE A LOT OF OPPORTUNITY ON THE TABLE**  
JEFF BEZOS

**YOU HAVE PERMISSION TO FAIL  
BUT NOT TO QUIT**

## UNSTOPPABLE

**YOU HAVE TO BE A LITTLE SILLY ABOUT THE GOALS YOU TO SET. THERE IS A PHRASE I LEARNED IN COLLEGE CALLED 'HAVING A HEALTHY DISREGARD FOR THE IMPOSSIBLE' ... YOU SHOULD TRY TO DO THINGS THAT MOST PEOPLE WOULD NOT**

– LARRY PAGE – CO-FOUNDER OF GOOGLE

**YOUR MOON-SHOT GOAL** is an ambitious, exploratory and ground-breaking project undertaken without any expectation of near-term profitability or benefit. It's a big, audacious, let's aim for the moon project.

**TWENTY YEARS FROM NOW, YOU WILL BE MORE DISAPPOINTED BY THE THINGS YOU DIDN'T DO THAN BY THE ONES YOU DID DO. SO THROW OFF THE BOWLINES. SAIL AWAY FROM THE SAFE HARBOUR. CATCH THE TRADE WINDS IN YOUR SAILS. EXPLORE. DREAM. DISCOVER.**

– MARK TWAIN

**FAIRYTALES DO NOT TELL CHILDREN THE DRAGONS EXIST. CHILDREN ALREADY KNOW THAT DRAGONS EXIST. FAIRY TALES TELL CHILDREN THE DRAGONS CAN BE KILLED.**

– G.K CHESTERTON

**LAW OF DIMINISHING INTENT, WHICH STATES: "THE LONGER YOU WAIT TO DO SOMETHING YOU SHOULD DO NOW, THE GREATER THE ODDS THAT YOU WILL NEVER ACTUALLY DO IT."**

## DELAY IS NOT DENIAL

Listed below, as discussed in the seminar, are the main obstacles in the way of your dreams.

1. **People**
  - a. People who love you
  - b. People who don't
2. **Life**
3. **Time**
4. **You**
  - a. Self-doubt and negativity
  - b. Laziness



# DAY OF HOPE WELLBEING FRAMEWORK

The following reminders will help you cultivate positive, forward-thinking students who can't wait to see what they're truly capable of.



overcoming  
cognitive  
bias



powering  
students  
with strengths



making  
purpose  
their compass



developing  
emotional  
courage



harnessing  
self  
worth



leaning  
into the  
struggle



creating  
actionable  
change

**After Day of Hope, encourage discussion in your class with the following questions:**

#### THE POWER OF PURPOSE

Q: When you get old, what would you regret not fully doing, being or having in your life?

Q: Can you think of an atrocity that has led to triumph and community resilience for a generation?

Q: What activity/ies for you make time 'fly by' because of how focussed and fulfilled you feel while doing them?

Q: What did your 8-year-old self love doing?

Q: If you knew nobody and nothing could stop you, what plans would you make for the future?

#### JAILBREAK

Q: What are some challenges, difficulties and hardships you've overcome or are in the process of overcoming? How did you do it?

Q: Choose one word to describe your main focus this year. It could be Calm, Focused, Practice, Patience or something totally different.  
Teachers: Ask the class to select their own and discuss them in small groups.

Q: Choose one limiting belief and discuss the impact this has made on your goals.

Q: Can you think about a personal paradigm shift, a new mindset that you have experienced? What caused it?

#### UNSTOPPABLE

Q. What can you do to deal with failure better?

Q. Discuss the statement 'Life is unfair, sometimes to our disadvantage and sometimes to our advantage'.

Q: List the personal connections which mean a lot to you and consider why they are so vital to your identity, purpose and dreams?

Q: How will you safeguard against life stealing your dreams, regardless of what happens along the way?  
In other words, what will you need to weather a storm and pick up any lost ground?

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