



1. Complete the following sentences to create your own personal quote about hope.

HOPE WILL IGNITE _____

HOPE WILL MAKE ME _____

HOPE WILL CHANGE _____

HOPE WILL SUSTAIN _____

HOPE WILL ILLUMINATE _____

HOPE WILL ENABLE _____

HOPE WILL STRENGTHEN _____

HOPE WILL RAISE _____

HOPE WILL AWAKEN _____

2. Write your favourite completed quote here.

3. Print out your completed quote or create a poster of it. Place it somewhere you will see it every day, such as near your study area.

4. Reflect on your hope quote. How can the ideas within it help you find strength?



5. Now, think about some small goals you'd like to achieve. List them here:

1. _____
2. _____
3. _____
4. _____
5. _____

6. Choose one of your goals and create a simple plan to achieve it. Break it down into smaller, manageable steps.

GOAL

PLAN

STEP 1:

STEP 2:

STEP 3:

(Continue adding steps as needed)

By focusing on your hope quote and taking small steps towards your goals, you can build momentum and create the future you envision.