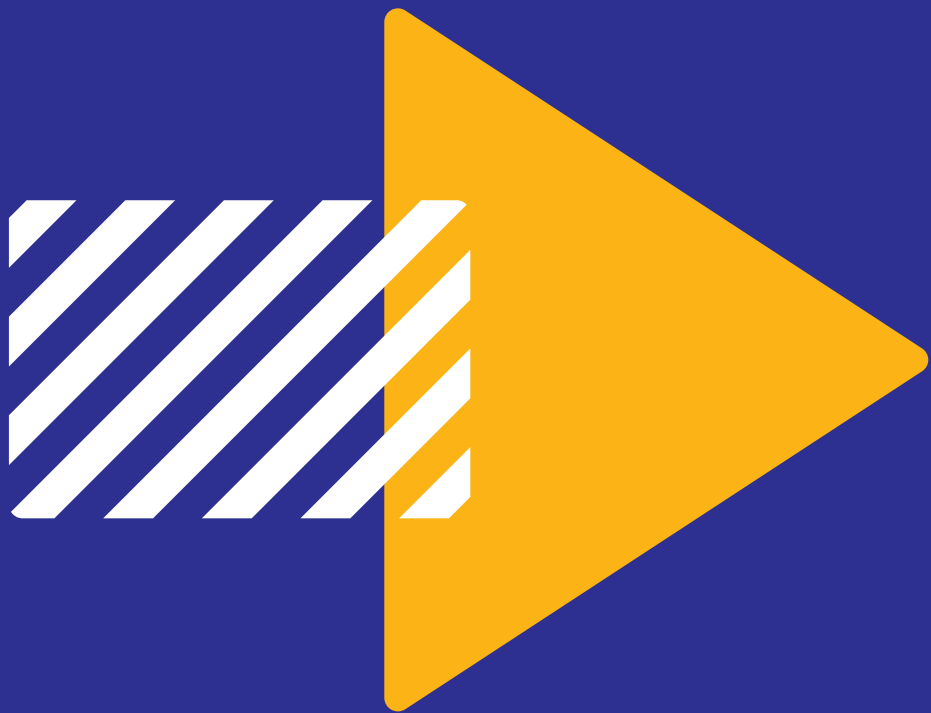




HOPE expresses

A Practical Roadmap to Student Agency.



THE AGITATION

You've provided the academic frameworks, the pastoral support, and the extracurricular opportunities, but for many students, the "internal switch" remains off. We see it every day: students who are physically present but psychologically absent. They are compliant but not committed, moving through their schooling with a sense of "future-blindness" that stalls their potential and drains your energy.

The problem isn't a lack of ability; it's a lack of agency. A standard pep talk won't bridge the gap between their talent and their results. To move a cohort from passive observers to active drivers of their own success, you need more than inspiration, you need a cognitive reset that dismantles apathy and restores a clear sense of purpose.

THE SOLUTION

Enter Hope Express.
The 70-minute motivation reset that turns "showing up" into "turning up."

**ENTER
HOPE
EXPRESS**





SEMINAR BRIEF

HOPE EXPRESS: The 70-Minute Motivation Reset

Restoring Student Agency, Clarity, and Purpose

In an era of chronic distraction, many students aren't just unmotivated—they are “future-blind.” When a student loses sight of their trajectory, they lose their engagement in the present. Hope Express is a high-impact intervention designed to pierce the noise of external pressure and internal doubt.

This is not a passive lecture; it is a cognitive reset. Through Glen's expert facilitation, students move beyond fleeting inspiration to develop a practical toolkit for self-governance. We tackle the “adolescent fog” head-on, dismantling the negativity that stalls progress and distilling hope into a clear, actionable vision for the future.

The 7-Step Roadmap to Resilience

Our proprietary framework translates psychological concepts into immediate student action:

- 1. Make purpose your compass**
- 2. Be empowered with strengths**
- 3. Develop emotional courage**
- 4. Harness self worth**
- 5. Lean into the struggle**
- 6. Overcome cognitive bias**
- 7. Create actionable change**

The Outcome

Hope Express replaces “I don't know” with Clarity, and “I can't” with Conviction. Students walk away not just feeling better, but equipped with the psychological agency to take massive action toward their goals.



ABOUT US

The Power of Purpose: Why Hope is Your School's Greatest Asset

Every high school is defined by its people. The success of your institution, its reputation, its academic standing, and its pastoral culture rests entirely on the engagement of its students and staff. We know that motivated students perform better. But the ultimate challenge for school leadership is: How do you move beyond short-term compliance toward long-term, sustainable excellence?

The answer isn't found in more rigid frameworks or increased oversight. It starts and ends with Hope. When we talk about hope at The HopeFull Institute, we aren't talking about "airy-fairy" optimism. You might think of hope as a vague feeling or a soft sentiment? If so, think again.

The 'hope' I'm talking about is the most powerful strategic driver of human achievement. It is the bridge between student wellbeing and academic strength. It is:

- Active, not passive.
- Courageous, not fearful.
- Clear-headed, not disillusioned.

Hope is the engine of meaning. When students find meaning, they don't just feel better—they perform better. They move from "surviving" to "striving," taking the consistent action that drives growth for themselves and the school.

A disengaged cohort is almost always a group that has lost its sense of hope. Conversely, a "HopeFull" school environment fosters students who are resilient, self-governing, and academically driven. These students don't just meet expectations; they exceed them, building your school's reputation for excellence.

This work is my life's mission. For over 25 years, I have worked with hundreds of thousands of students and staff in schools across the globe. I have seen first-hand that when a young person rediscovers hope, the transformation in their mental health and academic trajectory is mind-boggling.

My seminars are not about empty promises; they are about high-impact intervention. I invite you to see the results for yourself and transform your student body from the inside out.

Glen Gerreyn, Director — The HopeFull Institute

Proven Impact & Partnership

The Speaker & Workshop Experience



We offer more than a presentation; we deliver an immersive intervention that shifts cohort culture. When you partner with The HopeFull Institute, you aren't taking a leap of faith you are making a proven investment in evidence-based student transformation.

25 YEARS OF GLOBAL EXPERTISE

Delivering 10,000+ presentations across 750+ schools worldwide.

A TRUSTED PARTNER

Many of our partner schools have integrated our programs annually for over a decade.

AUTHORITATIVE INSIGHTS

Led by a certified professional speaker and author of five books, every session is designed to captivate the disengaged and challenge the high-achiever.

“

“It’s not just about an hour in the auditorium; it’s about the weeks of momentum and clarity that follow.”

Environmental Design for Impact

Optimising the Learning Experience



To maximise the psychological and academic ROI of the Hope Express seminar, we work with you to create an environment that signals importance and encourages deep reflection. We recommend:

FOCUSED CONFIGURATION

A lecture-style seating arrangement to minimise distraction and maximise collective energy.

THE TOOLS FOR REFLECTION

Providing students with pens and notepads. This allows them to translate abstract hope into concrete, written strategies they can take home.

A CULTURE OF ENGAGEMENT

By setting the stage for focus, you help your students move beyond passive listening and into active, self-governing participation.



**Audio Visual &
Staging Requirements
Checklist**



MEET GLEN GERREYN

Director of
The HopeFull
Institute

Over the past 25 years, Glen Gerreyn has become a global voice for hope, reaching over a million people across the world. He possesses a rare ability to captivate a large auditorium while making every individual feel seen and challenged.

Glen does more than inspire; he compels. With a gift for translating modern psychological data into tomorrow's life-changing insights, he pushes the boundaries of student potential. His passion for transformation is fuelled by a relentless drive to re-imagine how we engage the next generation.

Based in Brisbane, Australia, Glen is a dedicated father of four, a husband, and a lifelong student of human flourishing. He brings not just professional expertise to your school, but a deep, personal conviction that every young person deserves a future they are excited to inhabit.

The Student Voice: Evidence of Transformation

High-Impact Results from across **Queensland**

The compelling effect of Hope Express is captured in the voices of the students. The following testimonials from leading schools are a testament to the seminar's ability to shift a cohort from apathy to agency.

When we bridge the gap between wellbeing and performance, students move from “surviving” to “striving.”

Their feedback reveals three critical outcomes:

Clarity Breakthrough:

Replacing “future-blindness” with defined purpose.

Identity Shift:

Moving from comparison and doubt to self-governance and confidence.

Momentum Reset:

Igniting a “fire” for academic and personal effort.

Anglican Schools

“Your talk today inspired me. I can’t explain the feeling, but I am moved. I don’t have words to describe it but from the deepest depths of my being. Thank you.”

Year 9 Student, Anglican Church Grammar School: Churchie

“I would like to extend a massive thank you for visiting our school and putting hope back into my life. I am amazed by how you speak. You make it so engaging. I loved every moment. You have inspired me to stay committed and to get back up, as I was in a bit of state for a little while. But your speech helped me.”

Year 9 Student, St Margaret’s Anglican Girls School



“Your speech was so inspiring I actually teared up. I have never been so moved before by a motivational speech and have never been so invested and in a speech without getting bored.”

Year 10 Student, Toowoomba Anglican School

“I found your speech extremely moving as it was something that I needed to hear. It pulled the light at the end of a tunnel closer. I can’t express my gratitude enough for what you are doing, and your passion was passed throughout the grade as it was all people were talking about.”

Year 12 Student St Andrew’s Anglican School

“A word to describe your presentation yesterday would be life changing (I am not sorry for the obvious cliché here). But your speech has changed aspects of my outlook towards life. Thank you for the impact you have made on me.”

Year 11 Student, St Hilda’s School, Gold Coast

“I just wanted to say thank you, your speech has moved me in ways I cannot describe. It made me really emotional but nevertheless inspired me to be more optimistic. I took on board what you said and I am going to do something each day to help me on my pathway to my dream.”

Year 10 Student, All Saints Anglican, Gold Coast

“I just wanted to thank you so much for coming and visiting us. I can’t tell you how much it meant to me. You restored so much hope and confidence in me that has slowly faded over the years thanks to self-doubt and other people’s opinions. I just hope you know how grateful I am you came and spoke to us, it was definitely a moment in my life I will never forget. Thank you again for giving me hope, and please never stop speaking to students. I know you have changed so many people’s lives including mine.”

Year 11 Student, The Glennie School

“I wanted to thank you for the framework you provided me about success and hope. I am currently the highest ATAR in Bundaberg with a result of 99.65. Your talk got me through Year 12, it pushed me to make the most out of my opportunities.”

Year 12 Student, St Lukes Anglican School, Bundaberg



Independent Schools

“The day you came to my school wasn’t just another day, it marked the moment you opened my eyes to what’s possible when you work hard and believe in yourself. I want to thank you for the lasting impact you’ve had on me. Thank you for everything.”

Year 11 Student, Toowoomba Grammar School

“I just wanted to say how amazing it was to hear your story and how life changing EVERY piece of advice you have really was. You have had an amazing impact on myself, and I know all of the girls you spoke to yesterday!”

Year 11 Student, Fairholme College

“Your speech has reached me in ways no one else has. Thank you for being a great role model.”

Year 10 Student, Moreton Bay Boys College

“I found your messages really impactful and necessary and I felt that throughout the session, my perspective on life and who I would like to be as a person changed drastically. So, I’d first like to deliver a massive thank you for such an incredible and honestly life-changing experience. The work you do is so impactful and meaningful. It’s helped me shape and change my mindset and work towards developing more into the person I want to be and focus on creating change and moving towards a world I want to see. Thank you for everything that you do.”

Year 11 Student, Sunshine Coast Grammar

“I am one of the many fortunate children to get the experience of hearing your speech today, I would just like to personally thank you for the presentation, you are a true inspiration and I loved every minute of the speech. Today was definitely the pinnacle of my year as you were talking, millions of thoughts were running through my mind about what I can do to be the best I can be. I have now finally found the determination I need, all because of the push you gave me.”

Year 10 Student, Ormiston College



“Your talk today was phenomenal, the story you shared really helped reveal to me the fact that it is possible, you just have to try and try again – a concept I’ve heard a-lot but struggled to adopt. The cold hard truth you shared today was what I needed to hear. Your input was valued greatly.”

Year 10 Student, Emmanuel College, Gold Coast

“I just wanted to say thank you so much for coming to our school, I think you are absolutely excellent at what you do. You know how to approach teenagers in today’s generation, and how to present in a way that gets people intrigued and thinking about what they want in life. There was something in your voice that made me realise I need to take action to achieve my dreams, I cannot wait until one day, I have to start now! You gave me that push I desperately needed. I cannot wait for my sisters to hear your talk.”

Year 9 Student, Redlands College

“I’m not sure what it was but the way you spoke today just hit different and has completely changed my perspective and outlook of the whole situation. I am going to stop being the passenger to my story and start driving this bad boy and taking control.”

Year 11 Student, Ipswich Girls Grammar School

“I felt really touched by the words you spoke today. I must say any school would be blessed with your wise words and undivided attention you showed in handing that light bulb to young adolescents so that they can brighten their own future.”

Year 10 Student, Ipswich Grammar School

“Your talk truly left each and every one of us inspired and as I left the auditorium, I heard many talking about how grateful they were they came to school after being sceptical of what the seminar would entail. I, similarly, to all of my friends, have already taken on what you have said. Truly, thank you so much for your speech. It was enlightening and encouraging, and I know for a fact it has helped boost many people’s confidence in themselves throughout my grade.”

Year 11 Student, Rockhampton Grammar School

“I would just like to say thank you for coming in today. It really changed my mind set in a lot of ways. I saw the world differently I am know not afraid of sharing my goals or what I want to do in life. You really helped me, it was the first time I really cared



about a guest speaker, and you killed it. Thanks for letting me see the world differently and making me want to succeed in life.”

Year 9 Student, Unity College, Caloundra

“I would just like to express my thanks for the session that we had today! I left the room at break absolutely buzzing and with so much adrenaline! I’ve honestly never been inspired by anyone as much as you inspired me. It did feel like you were speaking directly to me. Thank you endlessly for the guidance you have given me out of my negative mindset — I think I needed it more than you’ll ever know! Thank you again for the life-changing experience!”

Year 10 Student, Saint Stephen’s College, Coomera

“Thank you for your amazing speech yesterday. There was a lot of talk through the rest of the day about how much everyone enjoyed your presentation. During your one hour talk I took 8 pages of notes.”

Year 9 Student, Silkwood School

Lutheran Schools

“I just wanted to say you thank you. You flipped my perspectives around and have made me a new person in a way. Your voice makes such a huge difference to many people.”

Year 10 Student, St Andrew’s Lutheran College

“You have given me a completely different perspective on how to grow, and I truly believe that this will stay with me forever. Thank you so much for everything you did today.”

Year 10 Student, Faith Lutheran College

“I wanted to personally thank you. I think twice during the seminar I got emotional and almost cried. Your words and the way you delivered them was so thought provoking and the amount of information and ideas I got from listening to you speak is overwhelming. I wish that every year 12 student got to experience your seminar and have it do what it did to me.”

Year 12 Student Good Shepherd Lutheran College

“I just want to say a massive thank you from the bottom of my heart. You are amazing. You really opened up my mind and made me see my dreams and goals. I have to say that I have never seen my grade ever focus more on someone’s words. You



have made such a difference to me today. You have made me have more confidence, hope, desire, determination, dedication and motivation.”

Year 9 Student, Immanuel Lutheran College

“Most often, when we have speakers at my school, we go away without feeling like we gained anything, or that the speaker just repeated obvious things that we already know. But during your presentation, myself and my mates were interested the whole time. I think, for once, we felt like we were actually being spoken to truthfully, instead of just getting the watered down, safe for kids version. Please keep spreading hope to people my age. There’s so much sadness and worry in people around me, and I think you’ve got a good shot of giving them one way of helping themselves.”

Year 12 Student, Grace Lutheran Caboolture Campus

“It was such a pleasure to hear you speak. There were layers of authenticity in your address that I admired. You had us all engaged (which is no easy feat with teachers on the first week of a school year!) and your key message around ‘hope’ was powerful, poignant, and persuasive.

Educator, St Peter’s Lutheran College

Catholic Schools

“I was truly blown away at your presentation. Your discernible passion, grit, and determination to spread your message is very inspiring. I am excited to push myself, back myself, and see who I really am and who I will become. You are an amazing speaker! I have so much respect for you, keep doing what you do best.”

Year 11 Student, Mount Alvernia College

“Your story has really inspired me and given me the motivation I needed to finish my last year strong. I’m committed to my future and I am dedicated to being as successful as possible in life. We’ve had a lot of speakers come to my school, but you had the greatest impact on me.”

Year 12 Student, Lourdes Hill College

“Your talk really inspired me to take charge of myself and my life. You didn’t mess around, you were brutally honest with us and that’s just what I think we all needed; it’s definitely what I needed. I’ve started feeling more comfortable about myself as a person



again. I'm so much more happier. Us young folks need you – you're a true inspiration."

Year 12 Students St Rita's College

"I just wanted to say thank you so much for talking to us and really connecting with each and every single one of us during your session. Thank you so much for your inspiring words and I'm sure they will stay with me forever!"

Year 11 Student Loreto College

"Thank you so much for speaking at my school. You are quite different from other speakers we've had. You didn't coddle us; you treated us like adults. You didn't tell us we were great; you taught us how to become great. I liked that. Thank you for giving me the motivation to strive for these goals and tell myself I can do it."

Year 10 Student, All Hallows' School

"I am truly grateful for your words of wisdom and meaningful advice. Each session was engaging and when I came out of it, I had much more understanding within not only myself, but my surrounding environment and support networks. I don't think I have been this happy and self-fulfilled in quite a while. You honestly have made me have a greater sense of direction, be motivated and realise what I wish to pursue in and beyond school. You're a magnificent speaker and truly motivational. I hope many more people have the opportunity to hear your mighty and powerful words."

Year 11 Student, St Ursula's College, Toowoomba

"You came to our school, St Ursulas College Yeppoon, today and this was the first time I've properly reflected on what I'm doing in and with my life. It was a truly moving session that I, and my friends, enjoyed. It certainly helped me a lot."

Year 11 Student, St Ursula's College, Yeppoon

"Your seminar was one of the greatest motivational presentations I have been able to be in the presence of. It has inspired and provided me with a new way of thinking. I'm eager to make my visions a reality."

Year 10 Student, St Joseph's Nudgee College

"I wanted to send you this email to thank you properly because as you were finishing, I was sort of freaking out because I was so stuck in an emotional and moved state for an hour, I couldn't process any words to express my absolute love for what you had delivered. This was the best talk we have ever



received at Downlands College and I think your real passion and plain hard truths really hit hard to many students and teachers. I must admit, there were a few times that I was getting shivers and tears simply because, even as I sat with 130 students around, it felt like you were talking directly to me and telling me everything I knew I needed to hear but didn't want to say myself."

Year 11 Students Downlands College

"I just wanted to say your speech has really resonated with me and my situation, from my mental health to my future, It has given me a new perspective on life! You have really helped me unlock my potential. Thank you so much, you are doing amazing things. I needed to hear this message more than you can imagine!"

Year 11 Student, Our Lady of the Southern Cross College, Dalby

"Today, for the first time in a long while maybe ever I truly started to believe in myself. That change is because of you. Your visit to our school inspired something in me that I didn't know was there. You shifted my mindset and helped me realise that my dreams are not only worth chasing, but that I'm capable of achieving them maybe even more than I ever imagined. Your words have given me hope, strength, and a renewed belief in myself that I'll carry forward from this day on."

Year 10 Student, St Patrick's College, Mackay

"The speech you gave has changed me. I felt so engaged like it was a one-on-one talk. I just wanted to tell you that you inspired me to take on more risks and challenges. Thank you so much."

Year 10 Student, Good Counsel College, Innisfail

Public Schools

"Thank you for your story and all the life lessons you gave out. It was very inspiring and deep. Every single word you said touched my soul. I will focus on building good habits and will stay committed. Again, thank you so much."

Year 11 Student, Stretton State College



“Thank you so much for coming back to our school, you’re an incredible speaker and have inspired me to take action to plan for my future.”

Year 10 Student, The Gap High School

“I was at your talk this afternoon with the Yr. 9’s. I thought it was absolutely fantastic! I honestly can’t express in words how much I loved and how much I took away from today. Your talk today was truly inspirational.”

Year 9 Student, Clontarf Beach State High School

“I want to personally thank you for coming to our school and speaking to us. Your words and guidance were empowering to a level which I didn’t know words could reach and I am truly grateful to have been helped by you. The messages you gave me did exactly as you intended: they illuminated the next step forward. I suddenly feel a lot more confident. Thank you for your generosity in using your time to positively influence other people like me.”

Year 12 Student, Queensland Academy for Science Maths and Technology

Christian Schools

“Thank you so much taking the time to talk to us! I said to my mum when I got home that ‘I felt inspired but also like I’d been punched in the face.’ Thank you again for such a powerful talk. I can’t wait to get started on my senior years!!!”

Year 11 Student, Citipointe Christian College

“I can gladly say that never, in my life, have I experienced such a powerful and motivational message that had me sitting on the edge of my seat writing down every word you said. I will never be able to thank you enough. My eyes were opened for the first real time in my life. You made me realise that I matter.”

Year 10 Student, Kings Christian College



“Your words reached my heart. It moved me, not just the words themselves but your conviction, you believed what you were saying. I confess I was not looking forward to today, but I am truly grateful that you spoke to us this morning. Everything you spoke of was of great importance, I was captivated during the entirety of your address. I was blown away. You have taught me to be hopeful, and for the first time in my life.”

Year 10 Student, Livingstone Christian College

“I would just like to say how inspirational your talk was earlier this afternoon, and how it has encouraged me to get my life back on track.”

Year 9 Student, Calvary Christian College

“Thank you for inspiring me to do a half-marathon this morning. I was presented with this opportunity last week, but I thought it was preposterous; to run a half-marathon before school? However, after you spoke, you shifted my paradigm. I completed the run this morning and am very glad that I did. I just want to thank you for inspiring me to do this. And I believe that doing this opens the door to things that may seem out of my reach in the future. Thank you.”

Year 10 Student, Toowoomba Christian College





Beyond the “Sugar Hit”: Building a Sustainable Culture of Hope

We don't believe in one-off events that fade. Our mission is to provide an intervention that lasts—shifting the “thermal temperature” of your school long after the final applause.

The strength of our approach is proven by our long-term partnerships; many of Australia's leading schools have integrated our programs for over 15 years straight. We provide the tools to ensure the momentum generated in our seminars becomes a permanent part of your school's DNA.

The **HOPEFULL** Integration suite

101 Doses of Inspiration (The Daily Anchor) Many schools integrate this text into their daily pastoral care or tutor-group routines. It serves as a consistent source of positive reinforcement, providing a common language of purpose for the entire cohort.

Active-Reflection Student Workbooks We bridge the gap between the auditorium and the classroom through our dedicated student workbooks. These are designed to transform the seminar's high-energy insights into a personalized, permanent record of growth. By providing a space for deep reflection, these workbooks ensure that key takeaways are immediately applied to each student's individual goals and unique challenges.

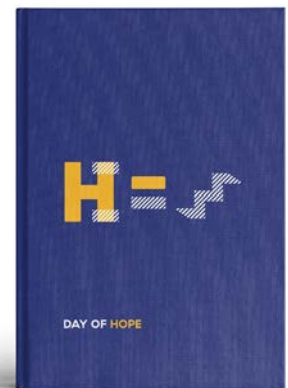
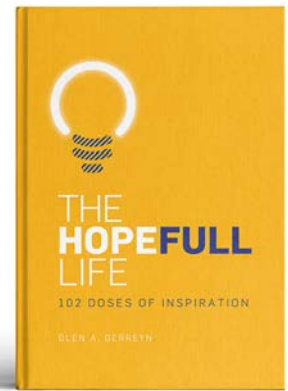
Please note: All programs with a duration of two hours or more include a dedicated student workbook for every participant, providing the essential framework for post-seminar application and long-term mindset shifts.

The Hope Blueprint: A 10-Week Masterclass Designed for staff-led facilitation, this comprehensive 10-week downloadable course allows you to continue the learning journey. It provides the psychological structure and practical tools students need to cement their new mindset into long-term habits.

7 Days of Hope: The Momentum Starter

A complimentary, high-impact digital series delivered directly to each student's inbox. This email program is specifically designed to keep the "fire" of the seminar alive during the critical first week. By providing daily prompts and reflections, we help students reawaken hope and take immediate, tangible action while the momentum is at its peak.

Monthly Insight Resources Every month, we release bespoke infographic resources designed to keep the principles of hope at the forefront of student thinking. These are available through our digital shop, offering an affordable, high-frequency touchpoint for ongoing Social Emotional Learning (SEL). To give you a head start on this journey, I have included a few complimentary resources at the end of this brochure for you to use with your cohort today.



7DAYSOFHOPE





Ready to Ignite Hope in Your Students?

The Hope Express 70–Minute Seminar is more than just a presentation; it’s a catalyst for change. Designed for high–impact delivery, we provide your specific student cohort with the practical tools and mindset shifts needed to navigate challenges with resilience.

The Investment

We believe in transparent pricing that makes world–class personal development accessible for your school.

Cohort Size	Total Investment (Inc. GST)	Cost Per Student
100 Students	\$2,450	\$24.50
200 Students	\$2,450	\$12.25

Note: Investment includes GST. Travel expenses from Brisbane are calculated separately based on your location to ensure the best possible rate for your school.

Why Book the Hope Express?

Rapid Impact: 70 minutes of high–energy, evidence–based content tailored for a single session.

Focused Cohort Engagement: For maximum impact, we recommend focusing on a single year–level or cohort. This ensures the message is age–appropriate and deeply resonant.

Exceptional Value: By bringing your entire cohort together, you maximise your budget while ensuring every student receives the same foundational tools.

Expert Facilitation: Professional delivery that speaks the language of today’s youth and aligns with school wellbeing goals.

Secure Your Date Today

Session dates fill quickly throughout the school year. Secure your preferred slot today and give your cohort the gift of perspective.

ENQUIRE ABOUT DATES

REQUEST A TRAVEL QUOTE

Questions? Speak directly with our bookings team:
+61 7 3348–9572
hello@thehopefullinstitute.com

10 TIPS FOR STUDYING SMARTER



7

WAYS TO PRACTICE GRATITUDE

For more wellbeing and personal performance tips, visit www.thehopefullinstitute.com



5 WAYS TO DEVELOP YOUR SOCIAL INTELLIGENCE

Here's how successful people build positive relationships both online and in-person.

DON'T BE COMBATIVE

Socially intelligent people don't spend their time fighting against others and arguing their point of view without listening.



BE CURIOUS

Be open to what others have to say and consider different perspectives and opinions.

DON'T COMPETE

Short-term thinkers are always looking for ways to give themselves the advantage, even if it means stepping on people's toes.



CHEER FOR OTHERS

There is room for more than one successful person. Clap when your competitors do well to show grace and confidence.

DON'T CLASH

Having public feuds with people who don't align with your values and capabilities might get you attention in the short term but it's not a great strategy.



COOPERATE

Show your followers how you work well with the people who reflect what you stand for and amplify your message.

DON'T COMPLAIN

You can be vulnerable at times but don't fall back on 'poor me' stories or rants as your go-to posts.



CELEBRATE

Shout out your achievements and highlight the good work of others. Feel free to talk about the hard work you have put in.

DON'T CARRY ON ALONE

Leading in any field feels great but it can be a lonely experience and a lot of work to get where you want to go.



COLLABORATE

Use your strengths and energy in combination with another person's talents and power to expand your sphere of influence.



Escape the Clutches of CONSUMERISM

Save your money and your self-worth!
Here's how to get out of the habit of clicking to



BUY

1.

DON'T BUY INTO THE HYPE

Remember: the seller cares about your money, not you. The things you own don't define you or your worth.

2.

BE FUTURE-FOCUSED

Every dollar you spend is one less for your future self to put to use. Make thoughtful choices and put funds aside for savings.

3.

ARE YOU ADDICTED?

Shopping can become an addiction like anything else. Take a step back and practice delayed gratification.

4.

YOU ARE ENOUGH

Having clothes, shoes, beauty products and likes on social media won't change who you are as a person.



5.

BROKE = BORING

Constantly ordering the latest cool item will leave you scratching around for cash when you need it.

6.

WHERE WILL IT END UP?

It may be fun to own right now but think about what will end up in landfill. Choose sustainable products that are good quality.

7.

FRIENDS ARE YOUR REAL CURRENCY

Spend your time and energy building stronger connections with others and this will deliver returns over time.

8.

CHOOSE EXPERIENCES

Life becomes more meaningful when you focus on creating and experiencing rather than filling your shelves and cupboards.

**A life filled only with possessions is
a life of possessions.**



For more about our work
and programs, visit
thehopefullinstitute.com

