

EP 021

HOPE

A BIT OF
CLARITY

with Dr Natanael Costea

SHOW NOTES

OBJECTIVE

> Develop an understanding of hope.

UNDERSTANDING HOPE

> **Hope** is the **expectation** of something desired; desire combined with expectation. Closely related to this is **optimism**. Its definition states, hopefulness and confidence about the future or the successful outcome of something; a tendency to take a favorable or hopeful view. Hope is ability to **conceptualize goals, find pathways** to these goals despite obstacles and **have the motivation** to use those pathways. To put it more simply, we feel hope if we know what we want, can think of a range of ways to get there, and start and keep on going. **Hope is essential for pursuing goals**: if we believe there is a chance that we may be able to progress towards the goal, we are motivated to work to achieve it.

BOOSTING HOPE

1. **DO frame your hope in positive language.** Get clear on what you DO want, which is a stronger pull than the wimpy push of what you DON'T want.
2. **DO tell yourself you have chosen a good desire.** Convince yourself that the choice you've made it's the one you wanted. It's your job to follow through, so don't allow yourself to be thrown off by roadblocks and challenges.
3. **DO learn to talk to yourself in a positive voice.** Nobody talks to you more than you do, so be mindful about the things you tell yourself. Fire the liar!
4. **DO look back at previous successes in life goals.** Remember that you've been through rough times in the past and list the ways you got out of them.
5. **DO be able to laugh at yourself.** Even when your mind says you're "failing" or you get worried things will never change, lough.
6. **DO enjoy the process of getting to your goals.** Learn to enjoy the journey toward you goal.
7. **DO recognize that you already have hope in you NOW!** Hope is not something distant in the future. You already have it in you. Hope in what you do right now and the future will be shaped by your hope today.

APPLICATION

> Choose an area where you desire to boost your hope and go through the seven boosters listed above with action points for each one.

RESOURCES

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