

SUSTAIN HOPE



CULTIVATING PREVENTION: RESILIENCE CAMPAIGN 2020-2021



**Maintain an optimistic outlook that still
expects that good things will happen.**

CREATE A HOPE MAP



- Make 3 columns labeled 'Goals', 'Obstacles' and 'Pathways'.
- List out your current goals. For each goal, generate at least 3 pathways to steer you towards your goal.
- Identify at least 1 obstacle for each pathway. Create a plan for how you will overcome these obstacles.
- Add your strengths and aspirational statements to the page to keep you motivated as you work toward your goals.
- Post your map somewhere you can see it every day.

ACKNOWLEDGE CHALLENGING MOMENTS

- Remind yourself that this will pass...it always does.

CREATE POSITIVE EXPECTANCY

- Visualize what you want rather than what you fear will happen.
- Remind yourself of times you used your strength to persevere.
- Instead of thinking "I can't", tell yourself "I will".



PLAN TO ACCOMPLISH GOALS

- Create a goal board to showcase what you want to accomplish.
- Assign a timeframe (once, daily, weekly) for each goal.
- Take one step each day toward a goal.

Adapted from American Psychological Association (APA). 2012 Building your resilience.