

HOPE

is the belief that the future will be better than today,
and you have the power to make it so.

Hope Science is based on three main ideas:

- ✓ desirable goals, ✓ pathways to achieve goals, and
- ✓ willpower to pursue those pathways.

By infusing the **Science of Hope** into our work with young people,
we help create an environment where youth can thrive.

Goals: desired outcomes you are trying to accomplish.

Achievement (positive) goals are those we want to attain, and avoidance (negative) goals are those that we want to prevent.

Pathways: roadmaps that allow you to begin the journey toward your desired future.

A goal without a pathway is only a wish.

Willpower: your ability to dedicate mental energy to begin and sustain the journey toward your goals.

Willpower is the motivational aspect of hope. We have limits to the amount of willpower we can exert.



How can you help a young person determine their goals?

Remember:

- Trauma impacts help-seeking behavior as well as a person's sense of safety. Nurturing hope can improve this problem. The relationship we build with young people can help set the stage for a safe place where goals can be formed.

Think:

- What are the goals that the young person is trying to pursue? What are the obstacles to hope this young person is facing? Is the problem rooted in pathways or willpower? What is the case goal? How are those goals similar and different to the youth's goal?

Ask:

- What is the most important goal for you right now?
- What do you want to happen today to help you pursue your goals?

How can you help create pathways for young people to reach their goals?

Remember:

- The relationship we build with young people can become a pathway that can help increase hope. Is everyone on this young person's team collectively helping them navigate the pathways?

Think:

- Who or what are the pathways to this goal? Does this young person have access to those pathways? Which interventions might be best for creating solutions to problems rooted in pathways? What about problems rooted in willpower?

Ask:

- How can I become a pathway to help you reach your goal?
- Are there any barriers or obstacles that you need help overcoming?
- What other pathways can you identify that might help you achieve your goal?

How can you help young people sustain the willpower needed to achieve their goals and build hope?

Remember:

- After repeated attempts to reach a goal without success, young people may react with anger, despair, or apathy. Someone who appears to not care about achieving goals or who acts hostile to you or others likely has low hope.

Think:

- How might past trauma and current stress contribute to the situation at hand? Does this young person have all their basic needs met (i.e. food, safety, home, sleep)?

Do:

- Notice if someone seems disengaged, burnt out, desperate, hostile, or apathetic. Remember that these are signs of low hope.
- Take a minute to nurture willpower.
- Praise past successes.
- Assist young person in identifying personal strengths that can help them accomplish their goals.