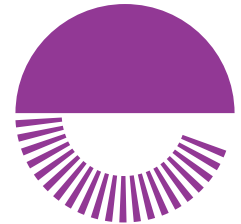
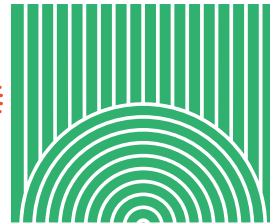
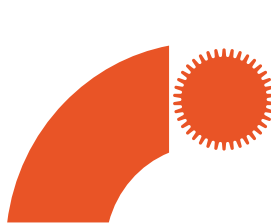
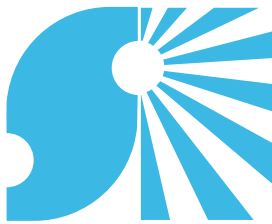


# SHINE HOPE™

**A HOW-TO FOR HOPE IN TRYING TIMES**

Scan the code to measure hope with the Hope Scale!



**S TRESS SKILLS**

- 90 second pause
- Belly breathing
- Reaffirming beliefs
- Calming music
- Napping
- Tapping
- Nature walk
- Decluttering
- Gardening
- Prayer



**H APPINESS HABITS**

- Activating purpose
- Pursuing passion
- Utilizing strengths
- Exercising/ Nutrition
- Music
- Gratitude
- Volunteering
- Wonder/Awe
- Dancing and singing
- Drawing or Painting



**I NSPIRED ACTIONS**

- WOOP goals
- Stretch goals
- SMART goals
- Achievement goals
- Intrinsic goals
- Micro-goals
- Stepping process
- Overcoming obstacles
- Regoaling
- Reevaluating



**N OURISHING NETWORKS**

- 5:1 Rule
- Kindness
- Compassion
- Forgiveness
- Love
- Gratitude
- Recognition
- Praise
- Support
- Faith



**E LIMINATING CHALLENGES**

- Limiting beliefs
- Automatic Negative Thoughts (ANTs)
- All-or-nothing thinking
- Negative bias
- Rumination & Worry
- Focusing on Uncontrollables
- Attaching to outcomes
- Internalizing failure

