



MY HOPE HERO

Think about a current challenge you face, and find someone that overcame a similar challenge. Now, write about their journey. Spend 20% of the time writing about their challenge, and 80% of the time sharing specific strategies for how they overcame it.

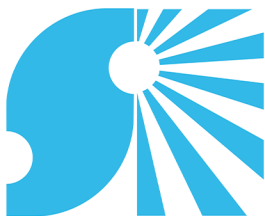
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#Hope #ShineHope #MyHopeStory

1. Write your Hope Hero's name in the yellow line (feel free to use a nickname, title, or anything else).
2. Put your favorite photo of them (with permission) or draw it in the box.
3. Write the intro explaining the challenge they faced. Explain the despair (feelings) and helplessness (inability to act).
4. Then share how they applied each of the Shine Hope skills next to their corresponding boxes. Use one of ours, or your own!
5. Write your conclusion. What did you take away? What did you learn? How might others learn?

And if so inspired, share so we can help activate these skills globally! **#Hope #ShineHope #MyHopeStory**

Be specific and use the **Shine Hope framework** as examples.



S TRESS SKILLS

- 90 second pause
- Belly breathing
- Journaling
- Gardening
- Calming music
- Affirming beliefs
- Sensory engagement
- Cold plunge
- Decluttering
- Prayer
- Nature walk
- Napping
- Laughter
- Crying
- Tapping
- Yoga
- Mantras



H APPINESS HABITS

- Activating purpose
- Pursuing passion
- Utilizing strengths
- Meditation
- Smiling
- Exercising / Nutrition
- Creating / listening to music
- Dancing / Singing
- Drawing / Painting
- Gratitude
- Volunteering
- Wonder/Awe
- Quality sleep
- Doodling



I NSPIRED ACTIONS

- WOOP process
- SMART goals
- Stretch goals
- Achievement goals
- Intrinsic goals
- Mastery goals
- Micro goals / Stepping
- Habit stacking
- Visualization
- Overcoming obstacles
- Regoaling
- Write down goals / check in



N OURISHING NETWORKS

- 5:1 Rule
- Compassion
- Forgiveness
- Love
- Gratitude
- Recognition
- Support
- Faith
- Trust
- Respect
- Effective listening
- Empathy
- Kindness
- Animals



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
- Toxic consumption
- Nocebo effect
- Mind wandering
- Implicit bias
- Negative framing
- Perfectionism
- Taking things personally



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MY HOPE HERO



Kathryn Goetzke

When Kathryn was 18 years old, a freshman at the University of Iowa, her dad died by suicide. It really changed her life. When she was in her early 20's, she then tried to take her own life, yet didn't tell another soul for 10 years. She knows a lot about hopelessness.



To work on her recovery, she used a lot of Stress Skills. She talks about crying, going to therapy, learning to meditate, deep breathing, and listening to music. She traveled a lot, and took up hiking and exercise. She also took up boxing and spent a lot of time in nature.



Kathryn was diligent about her Happiness Habits. She listened to her favorite band the Killers, went to concerts, focused on her nutrition and sleep, and started exercising. She pursued her passions, started a nonprofit iFred, and did a lot of volunteer work. She got serious about her purpose.



Kathryn also took a lot of Inspired Actions towards her goals. She chunked them down, got a degree and then an MBA. She couldn't talk to her dad anymore, so she found business mentors. Her brothers were always there to support her, and her mom was a source of strength and inspiration.



Kathryn spent a lot of time with her Nourishing Networks. She spent time with people that were kind, compassionate, fun, and helped her heal. She had a therapist and got close to God. She had animals and spent a lot of time with wild horses in Nevada.



She worked to Eliminate Challenges like her rumination and worry. She learned about sensory engagement, and even started a company to teach others. She worked to forgive herself and others. She focused on what she could control, which was her present and future, and did her best to let go of the rest. She put all her failures into teaching others.

Her use of the Shine Hope framework led her on a much healthier path. She has been sober almost 20 years, and had her nonprofit that same amount of time. She is a representative at the United Nations for the World Federation for Mental Health, and has shared her story around the world at places like the World Bank, Harvard, the United Nations, and more. She has created programming to teach hope to kids, published papers, and is now on a mission to ensure all know how to hope. She is an inspiration, and someone that truly lives by example.

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