

HOPEFUL CITIES FACT SHEET



"Hope is something we have control over. It's a skill and a motivation, so it is something that we can work towards."
– Myron Belfer, MD, MPA



"Hope is a verb. Hope is action."
– Dr. Edward Barksdale, Jr., MD

Hope Science has been used around the world, and CR Snyder's Hope Scale has been used around the world to measure hope. Snyder's Adult and Child Hope Scales are validated scales and predict life outcomes. These are short surveys [found here](#), and we recommend everyone measure their hope.

Higher Hope is associated with:

- Lower levels of violence
- Increased support for addressing climate change
- Lower levels of addiction
- Improved school retention and improved academic performance
- Improved conflict resolution
- Improved workplace productivity, engagement, and retention
- Improved psychiatric and medical outcomes
- Improved goal attainment, which is necessary to progress towards the Sustainable Development Goals (SDGs) set forth by the United Nations.

Hopelessness is the key predictor of:

- Violence (4.4 million people are killed each year through violence)
- Addiction (26% rise in substance use across the world since the start of COVID-19)
- Poverty (575 million people are expected to live in poverty by 2030)
- Climate Crisis (the global temperature is expected to reach the 1.5 °C tipping point by 2035)
- Workforce costs (it costs companies \$15,000 each year per employee with depression)
- Poor psychiatric and medical health (\$2 – 5 trillion per year in global healthcare costs).

Hopeful Cities teaches how to proactively manage the two components of hopelessness, emotional despair, and motivational helplessness, and how to activate hope through the Five Keys to Shine Hope™: Stress Skills, Happiness Habits, Inspired Actions, Nourishing Networks, and Eliminating Challenges.



[theshinehopecompany.com/
measure-your-hope/](https://theshinehopecompany.com/measure-your-hope/)



Hopelessness is learned, and **HOPE** is teachable.

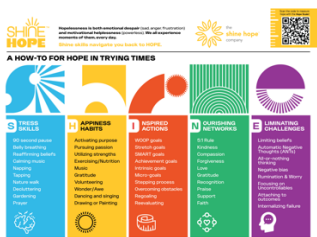
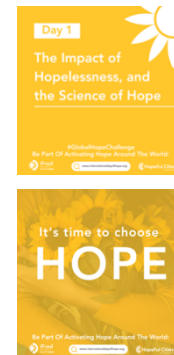
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Our programs are evidence-informed and we are constantly collecting data to demonstrate the programs' effectiveness, while using the data to adapt the programs to different populations.

More findings and sources at www.theshinehopecompany.com/hope-science/general/

On the Hopeful Cities Landing page, you'll find resources for how to hope, including:

- The Hope Scale
- Hopeful Minds Parent's Guide: How to Use Hope Language at Home
- Hopeful Minds Overview Educator Guide and Workbook
- Hopeful Minds Deep Dive Educator Guide and Workbook
- Hopeful Minds for Teens Program
- Shine Hope Infographic
- Digital Shine Hope Brochures
- Social Media Activation
- Workplace Posters
- Where to go for support
- Our aim is to ensure all know the what, why, and how of hope
- Find out more at www.hopefulcities.org



The programming was developed by Kathryn Goetzke, MBA, and a group of global hope and mental health experts. Kathryn created the first no cost evidence-based program to teach hope around the world through Hopeful Minds, recognized as an innovation by the World Bank. She then went on to create Hopeful Cities, Hopeful Minds, wrote The Biggest Little Book About Hope, is host of The Hope Matrix Podcast, and is CEO of The Shine Hope Company. She is a representative at the United Nations for the World Federation for Mental Health, and is committed to ensuring all around the world have the skills they need to Shine Hope.

