

# 30 DAYS.

# 30 ACTIONS.

# 30 LESSONS.

# *TAKE THE CHALLENGE.*

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Higher hope can positively impact work performance, athletic achievement, health, resilience, and more. Learn the “how-to” of hope with the 30 Day Global Home Challenge.

To find free local resources, and start activating hope in your life and community, visit [www.hopefulcities.org](http://www.hopefulcities.org). No matter what life brings, there is always a way from hopelessness to hope.

[www.hopefulcities.org](http://www.hopefulcities.org)  
#HopefulCities



In Crisis? Text **CARE** to **839863**

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