


Hopeful Mindsets™

THE FIVE KEYS FOR HOPE

- 1 Identify and Manage the Stress Response 
- 2 Practice Happiness Habits 
- 3 Take Inspired Actions by Setting **S.M.A.R.T. GOALS** 
- 4 Create and Cultivate a Strong Hope Network 
- 5 Overcome Challenges to Hope 



 **Hopeful Cities**
an iFred.org project

Take the free Global Hope Challenge and
Join the Hopeful Cities Movement at
hopefulcities.org