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TAKE INSPIRED ACTIONS BY SETTING S.M.A.R.T. GOALS

Inspired actions are the second ingredient of hope. You can practice inspired actions by creating S.M.A.R.T. Goals.

S pecific
M easurable
A ttainable
R elevant
T ime Bound

S.M.A.R.T. Goals help you keep a hopeful mindset by giving you something to look forward to and encouraging you to work towards your future.

Remember:

- S.M.A.R.T. Goals should always be created using positive feelings. One of the causes of hopelessness is setting an unrealistic goal or having set your goal from a place of negativity.
- If your goal seems too big, chunk it down into smaller goals.
- Obstacles are a part of life. Embrace the obstacle and learn to pivot, reevaluate, and ask for help.



*Take the free Global Hope Challenge and
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hopefulcities.org

5 KEYS TO CREATING HOPEFUL MINDSETS™