3 INSPIRED ACTIONS

Inspired actions are the second ingredient of hope. You can practice inspired actions by creating purposeful goals. You can use:

1. Stretch Goals
2. Achievement Goals
3. SMART Goals

Purposeful goals help you keep a hopeful mindset by giving you something to look forward to and encouraging you to work towards your future.

Remember:

- Your goals should always be SMART: Specific, Measurable, Attainable, Relevant, and Time-bound
- If your goal seems too big, chunk it down into smaller goals (also known as stepping).
- Obstacles are a part of life. Embrace the obstacle and learn to pivot, reevaluate, regoal, and ask for help.

Want to learn more about how to create, sustain, and grow Hopeful Mindsets? Join the Hopeful Mindsets Movement on the College Campus at **hopefulmindsets.com**

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