INSPIRED ACTIONS

Inspired Actions, the second ingredient of hope, are the deliberate steps you take toward your goals in life. Inspired Actions help you to move away from the motivational helplessness, the second ingredient of hopelessness, and toward what you are hopeful for in life.

Types of Goals:

- ✓ WOOP
- ✓ Achievement
- ✓ Intrinsic
- ✓ SMART
- ✓ Stretch
- ✓ Micro-Goals

Pathways, Agency, and Regoaling

Obstacles are inevitable, and sometimes you can't reach the goal as you intended. It is important to embrace obstacles to goals, learn to pivot or reevaluate, be flexible and adaptable, and never be afraid to ask for help.

If a goal seems too big, use the stepping process or create micro-goals to chunk it down into smaller goals. Think of one thing you can do in the next 20 minutes. And know when you need to re-goal.

Hopeful Cities

*Join the Global Hopeful Cities Movement at **www.hopefulcities.org***

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