

# NOURISHING NETWORKS

Your Nourishing Networks, also known as your Hope Networks, are the people in your life that provide you with support, help you stay on track, encourage you to succeed, and who you do the same for in return. You are up to 95% more likely to achieve a goal if you write it down, and check in with someone regularly. So Nourishing Networks are critical support systems for moving you towards what you hope for in life.



## Your Hope Networks should include:

- ✓ People who know and understand you.
- ✓ People who value your strengths.
- ✓ People who activate the SHINE framework.
- ✓ People whom you trust and can confide in.
- ✓ People who are available to support you.
- ✓ People you are willing to do the above for as well.

## Enhancing Your Hope Networks

Enhance your Hope Networks using the 5:1 rule, vulnerability, praise, recognition, kindness, gratitude, empathy, compassion, collaboration, and strong communication, and be sure to have different networks for different areas of life.

Don't forget to include doctors, therapists, and/or other medical professionals in your Hope Networks.



Join the Global Hopeful Cities Movement  
at [www.hopefulcities.org](http://www.hopefulcities.org)