



TAKE IT DEEPER:

Planning for Hope 1 of 2

1. Reflect on a personal or professional goal:

Think about a goal you have for yourself—whether it's related to your teaching, personal growth, or a project you're passionate about. Write down this goal clearly.

2. Break down the goal:

Identify 2-3 smaller steps needed to achieve this goal. For each step, jot down what specific actions you will take to accomplish each step.

3. Identify resources:

Reflect on the internal and external resources that can support you in reaching this goal. Internal resources might include your skills, knowledge, or past experiences. External resources could be support from colleagues, professional development opportunities, or structural/institutional resources.

4. Anticipate obstacles:

Consider potential challenges you might face while pursuing this goal. Write down any obstacles you foresee and brainstorm strategies to overcome them.



Module 7.11

Hope for Educators



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5. Visualize success:

Imagine yourself achieving the goal. How does it feel? What does success look like? Jot down a few notes describing this positive outcome.

6. Create an action plan:

Based on your reflections, outline a brief action plan with specific steps, timelines, and any adjustments needed to your initial goal.

7. Commit to action:

Write down one concrete action you can take in the next week to move towards your goal. Set a reminder for yourself to follow through.

8. Reflect on your experience:

Take a few minutes to reflect on the process. How does it feel to break down the goal and plan for potential obstacles? How has this activity impacted your sense of hope?

Hope is a powerful motivator. By taking the time to plan and anticipate challenges, you're actively building the hope needed to achieve your goals.

