

Moving Forward with Hope

Directions:

- Identify **one long-term goal** (for the remainder of your school year, the next six months, or even the next academic year) aligned with a value or values you hold (e.g., empathy, intellectual humility, or forgiveness).
- Outline **three concrete steps** you'll take to meet your goal. For each step, identify **a possible obstacle** and a way around it.
 - Step 1
 - Step 2
 - Step 3
- Then take a moment to **visualize**, as vividly as possible, how you'll meet this goal. As you imagine meeting this goal, draw on all your senses and picture what it would feel like to experience this outcome you desire for your life.

Consider the following prompts for further reflection:

- How does this journey align with the values you hold?
- Do you have a mentor or supporter who might help you move toward that goal and navigate the obstacles?
- What do you feel when you envision meeting your goal?

Research-based benefits:

People who participated in an activity like this reported increases in hope, purpose, and career calling (compared to a control group). And one month later, they reported greater practical progress toward their goal (Feldman & Dreher, 2012). Additional research with teachers suggests that hope influences the actions teachers take to enact a vision (Daoud & Parsons, 2021). If we can see a pathway forward and believe in our ability to navigate it, we're more hopeful.

Source

This is an adapted version of the "Moving Forward with Hope" practice featured in the final chapter of the book *Surviving Teacher Burnout* by Amy L. Eva.