HOPE TOOLKIT 30 Days of HOPE There is Always Hope

SCHOOL OFSTORY

Your Story Matters

DEVOTION

ACTION

LET'S CONNECT



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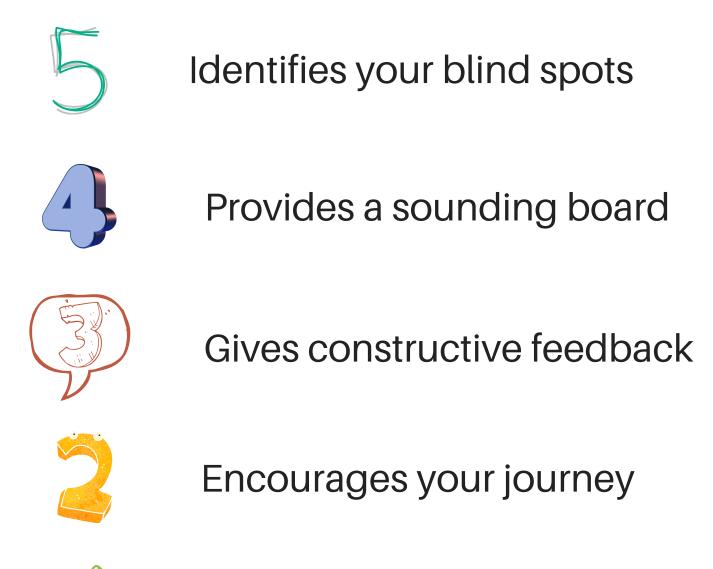


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Click on icons above to access

YOU WERE NOT MEANT TO JOURNEY ALONE #TOGETHERWEARESTRONGER

TOP 5 REASONS FOR AN accountability partner





Keeps Hope alive when you dip!!

THERE IS POWER IN

AFFIRMATIONS & HABITS

1 WEEK EACH, PRACTICE EVERY DAY

Write and say out loud the daily affirmation

Choose *one* goal and what *one* action will you accomplish towards it this week. Write your WHAT it is and your WHY. Remember to remain focused on your WHY you want to achieve it! It will help to maintain a positive view on tasks that you may not actually enjoy in the process.

"Our expectancies not only affect how we see reality but also affect the reality itself," Edward E. Jones, a psychologist at Princeton University

"If you see a failure as due to something you can change, then it is not so devastating," Craig Anderson, a psychologist at Rice University

I CHOOSE TO BE.. STRONG

WEEK 1: Write and say out loud this affirmation each day

Choose one goal and what one action will you accomplish towards it this week? Write your WHAT it is and your WHY. Remember to remain focused on your WHY you want to achieve it! It will help to maintain a positive view on tasks that you may not actually enjoy in the process.

what:

why:

I CHOOSE TO SAY I AM... CAPABLE

WEEK 2: Write and say out loud this affirmation each day

With your one goal in mind what next action will you accomp this week? Write your WHAT and your WHY. Remember to remain focused on your WHY! It will help to maintain a positive view on tasks that you may not actually enjoy.

what:

why:

I CHOOSE TO SEE I AM.. Destable

WEEK 3: Write and say out loud this affirmation each day

With your goal in mind what actions will you accomplish this week? Write your WHAT and your WHY. Remember to remain focused on your WHY! It will help to maintain a positive view on tasks that you may not actually enjoy.

what:

why:

I CHOOSE TO BE.. EXPOSETOBE..

WEEK 4: Write and say out loud this affirmation each day

With your goal in mind what additional actions will you accomplish this week? Write your WHAT and your WHY. Remember to remain focused on your WHY! It will help to maintain a positive view on tasks that you may not actually enjoy.

what:

<u>why:</u>

LET'S DO THIS!

Let's schedule your intensive session! Here's what you get:

Private Planning Session:

We'll spend three hours together working through how to break your goals into actionable items.

Check-in Sessions:

3 - 30 minute calls to ensure you remain on track for the next quarter.

To get started, send an email titled HOPES & DREAMS to emra@emrasmith.com

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