

HOPE TOOLKIT

30 Days of HOPE

There is Always Hope



Your Story Matters

DAILY

DEVOTION

ACTION

LET'S CONNECT



InternationalSchoolofStory



InternationalSchoolofStory.org



@Internationalschoolofstory



connect@internationalschoolofstory.org

Click on icons above to access

YOU WERE NOT MEANT TO JOURNEY ALONE
#TOGETHERWEARESTRONGER

TOP 5 REASONS FOR AN accountability partner

5

Identifies your blind spots

4

Provides a sounding board

3

Gives constructive feedback

2

Encourages your journey

1

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 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 SEE I AM..

DESERVING

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..

EMPOWERED

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:

why:

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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