



Holding  
 onto  
 Hope

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# Introduction

*definition of hope:*

*to trust accompanied with expectation of fulfillment; to think positively*

How can we hold on to hope with all the negativity thrown our way through the horrific news, disastrous world events, and challenges in our personal life? Though it is not easy, it is possible. We can create our own world within the world, our own energy within others energy and our own magical life within the mundane everyday life.

The key to a successful journey of life does not come from anything external, as most people think. It comes from our being and our beliefs. The only thing that can change our life is ourselves. The faster we realize that we cannot change another and often we cannot change a situation, the faster we become empowered to implement the very things that can bring us happiness and contentment.

No matter our age, when we become one and unified with that purpose, it becomes harder for the negativity of the world to soil our life canvas. We live faithful to ourselves and our connection to our reason for being. What we do may seem insignificant, yet in our hearts, we thrive because we know it must be done. We become content because we have a certainty. When we believe that there is something beyond the ordinary, hope springs eternal. Hope is belief without evidence. It comes from intuition, inspiration and acute intelligence.

Dreams are meant to be fulfilled. A life of fulfillment instead of emptiness is realized by those who put their wishes into action. The worst words spoken at the end of our life would be: "it could have been" or "it might have been" or "it should have been." However, a rewarding existence is not based on the end goal; it is based on how we take the journey. And that journey is predicated on the amount of hope we hold on to.

We are here as humans to live listening, learning and loving. In truth, hope is the fuel for our strength. Therefore, the more hopeful we are, the more at peace we become. Hope is like a compass. It keeps steering us to the right course, as we sail through life.

*Hope is the lighthouse in the sea of the unknown.*

# Exercise 1

## Hope Statements

Read the following 23 statements. Pick 8 that mean the most to you and why. Pick 4 that are the hardest for you to believe and why.

1. Hope denied is life denied.
2. Hope presses us forward against all odds.
3. Hope keeps us strong and determined.
4. Hope facilitates the impossible in becoming the probable.
5. Hope is a goodness all on its own.
6. Hope is the best possession a human can have.
7. Hope actualized makes the difference between dreamers and leaders.
8. Hope is the first ingredient of an endeavor.
9. Hope lives larger in compassion for those less fortunate.
10. Hope is at the root of all ideas.
11. Hope springs from our beliefs.
12. Hope shines brightest in the midst of darkness.
13. Hope makes living worthwhile, for without it, life seems worthless.
14. Hope is the emotion that encourages miracles.
15. Hope realized heals the entire world.
16. Hope brings with it an inner calmness.
17. Hope makes seeing the imperfect as perfection.
18. Hope enlarged exalts courage and perseverance.
19. Hope destroys sadness and sorrow.
20. Hope is in itself a happiness that can lead to bliss.
21. Hope is the best medicine for a broken heart.
22. Hope creates opportunities that must be taken.
23. Hope is what creates heroes, such as: Mahatma Gandhi, Nelson Mandela, Abraham Lincoln, Winston Churchill, etc.



## Exercise 2

### Enthusiasm is The Fuel for Hope

*How we focus on something becomes our reality.*

#### Enthusiasm

Enthusiasm is the torch of light that shines on every situation. It is the whisper of our soul's delight being heard loud and clear. Feeling enthusiastic keeps us amazingly alive, creating a momentum that produces extraordinary results. Enthusiasm is the producer of certainty and creativity, whereby we do not let others dampen or darken our spirit. Being an enthusiast keeps one's heart pumping because we awaken to the pulse of creation. Enthusiasm is the spark that is magic for the logical mind, transforming a pessimist into an optimist. Owning our enthusiasm is a statement of our confidence and our connection. Like a matchstick, we light the way to miraculous events happening.

**Remember: Enthusiasm is the fusion of our courage and charisma, with no doubt or confusion.**

We all need someone or something that leaves us feeling more positive and enthusiastic. Using these events and people gives us the hope to follow our dreams and purpose. It behooves us to think more about people and events that inspire us, rather than people or events that leave us feeling hopeless. Our thoughts and emotions dictate our journey through life, therefore we may as well take the ride joyfully and enthusiastically.

#### Instructions

1. Make a list of 4 people who left you feeling the most hopeful, and why. Can be someone you know personally or someone famous, whether from history or your past.
2. Make a list of 4 events that happened that left you feeling the most hopeful, and why.

1. Who are the 4 people who left you feeling the most enthusiastic and hopeful, and why?

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2. What are the 4 events that happened in your life that left you feeling the most enthusiastic and hopeful, and why?

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## Exercise 3

### Forgiveness is The Stepping Stone To Hope

Forgiveness is a freedom and an attribute of strength. When we get hurt over something, which we all inevitably have, the wisest thing we can do is strive to reach a point of forgiveness. Forgiving someone should not be rushed; otherwise our anger and resentment will rear its head again. Our thoughts and emotions need to be examined, considered and then cleared. When we no longer have the need to be 'right' about something, forgiveness comes more easily. All problems arrive with their gift and from these gifts, we grow, develop and become wiser. As well, when we forgive another, we have an easier time forgiving ourselves.

It is difficult to maintain the feeling of hope when we feel resentful. We end up behaving cold and our hearts close down. This creates another problem, which in turn creates another problem and before we know it, we begin to hate our life. Therefore, it stands to reason that when a difficulty arises, we need to think it out, clear it out and clean it out. This leads to a comfort, which then leads to a joy and before we know it, hope becomes the rock on which we stand.

#### Instructions

1. Make a list of the people you are angry with and have not forgiven, including yourself.
2. Create ways as to how to forgive those people, including yourself.
3. Make a list of anyone who has not forgiven you. Think of ways that you can better the situation. If they deserve an amends, do not hesitate to give it.
4. Who is in your life that your feel is a great example of forgiveness? Explain.

1. Make a list of the people you are angry with and have not forgiven, including yourself.

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4. Who is in your life that your feel is a great example of forgiveness? Explain.

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# Exercise 4

## 40 Hope Wisdoms

Go through these 40 wisdoms and pick the 10 that mean the most to you, and why. Then pick the 5 that are the most challenging to you, and why.

1. Though we face finite disappointment through our life here, we must keep infinite **hope**.
2. Of all our attributes – **hope** is the most proactive.
3. The essentials of life are – something good to do, someone good to love, something good to **hope** for.
4. **Hope** is the raw material in which we build a happy life.
5. **Hope** is the arm that feeds the hand of confidence.
6. **Hope** creates perseverance, perseverance creates character.
7. **Hope** is the end result of faith.
8. Patience is easy when one has **hope**.
9. Without **hope**, we dam the flow.
10. The presence of invincible **hope** leaves no room for doubt.
11. Only **hope** can make a valley of trouble into a mountain of treasure.
12. For those who have **hope** – have everything.
13. Because of **hope**, we know we will leave the planet better than the way we found it.
14. **Hope** brings music to our ears and magic to our eyes.
15. **Hope** fills the afflicted soul with the affirmation of better days ahead.
16. Success belongs to those who give the next generation reasons for **hope**.
17. **Hope** ushers in mighty forces that come to our aid.

18. For those who are bold – have **hope**.
19. **Hope** knows that a foggy morning does not signify a stormy day.
20. **Hope** feeds our lungs with oxygen.
21. Gratitude is the Siamese twin to **hope**.
22. **Hope** turns black and white into technicolor.
23. When experiencing the worst – **hope** for the best.
24. For one who loses **hope** – loses everything.
25. Wishing is not **hope** – believing is.
26. Feel lost? Find **hope**!
27. **Hope** is the oil lamp that keeps burning long after the oil has used.
28. Dreams can ONLY be realized through **hope**.
29. **Hope** deferred makes for a sorrowful life.
30. The greatest person on earth is the one who gives another person **hope**.
31. Defeat will come as it may – but **hope** will keep the defeated feeling away.
32. **Hope** quickens inspiration into action.
33. **Hope** is the strongest when it birth from fears.
34. **Hope** is like the sun, it keeps the shadow of our burdens behind us.
35. **Hope** is maternal – it says comfortingly – do not worry dear, it will be OK.
36. **Hope's** cry is try – try – try.
37. We cannot live on **hope** alone, but without it, it surely is lonely.
38. **Hope** is a life preserver – it keeps us from sinking.
39. **Hope** is the creator of harmony.
40. **Hope** is the greatest sustainer of life.



# Exercise 5

## Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

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2. Which exercise did you like the best and why?

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