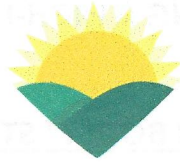


Raising Hope: Empowering Kids for Success Beyond the Nest

Kristie Engel, PhD, Licensed Psychologist



Hope &
Wellness
Rising

Grow through Challenges

What Is Hope?

Hope: Believing “I can get there from here.” (C.R. Snyder, The Psychology of Hope)

HOPE = WILLPOWER + WAYPOWER TO GOALS

Willpower: Sustained determination & commitment to action toward goals

Waypower: Mental planning/ routes to get from here to there, including flexibility to generate alternate routes if one path is blocked.

What Do High Hope People Believe?

1. The future will be better than the present.
2. I have the power to make it so.
3. There are many paths to my goals.
4. None of them is free from obstacles. (Shane Lopez, Making Hope Happen)

Goal Strategies

Willpower Boosts

Waypower Boosts

**MY COMMON HOPE HURDLES AROUND RAISING A HIGH-HOPE ADULT:
(What gets in the way of my best intentions?)**

HOPE HURDLE

“BARRIER BOOST” STRATEGIES

- 1.
- 2.
- 3.

Given my values and beliefs about hope, one hope-boosting action I can take this week is:

-
- **Where, When, How, Who?**
 - **What is one hurdle I anticipate?**
 - **What is one strategy I can use to overcome that hurdle?**

Who is one person I can call on for mutual support in raising high hope adults?

A few of my favorite “hope” resources:

Brene Brown, PhD

brenebrown.com All of her books

Kristen Neff, PhD

selfcompassion.org

The Whole-Brain Child

Daniel J. Siegel, MD & Tina Payne Bryson, PhD

Making Hope Happen

Shane J. Lopez, PhD

The Gift of Failure

Jessica Lahey, JD

How To Raise An Adult

Julie Lythcott-Haims, JD