

The Power of Belonging

The Power of Hope

Let's Pause - and shift to considering Hope...



What does it mean to have Hope?

To keep dreaming

Optimistic

To know there is something better coming

The glass is half full

Have a purpose

Positive mindset

Enthusiastic

Trusting that something good can come even in the darkest moments.

What does it mean to have Hope?

Fresh starts

Positivie

Open minded

Positive

Wish for wellness

strong

That I can grow, I can
achieve what I am looking
form

They have a purpose

2

41



What does it mean to have Hope?

Something to look forward to

Tomorrow is going to be better

Positive outlook

To believe that things will get better

Better days are ahead

Dreams and ambition

Knows the value of hard work

Not afraid to try

What does it mean to have Hope?

They believe in a better tomorrow

Everything will be okay

Be optimistic

Power to look for the good in everything!

Keep going

Something to look forward to

Looking forward.

Each NEW day

2

41



What does it mean to have Hope?

A positive future for themselves and others

They have strong faith and believe that what they focus on will expand.

Vision with action

A plan for the future

To have something to look forward to & be positive in all aspects of life

Optimistic

Resilience

Trusting reality more than your worst thought patterns

What does it mean to have Hope?

Future-minded

Resilience

Feeling like there's a reason to be positive

Help others

always looking forward to tomorrow

It's trust, security, and encouraging

Optimistic

Something to look forward to

2

41



What does it mean to have Hope?

The ability to overcome

That you believe change will happen

To get up and keep going

You are loved and needed

Don't give up

Faithful of the promise of things to come.

Use of faith

Power to know the future is going to be bright!

What does it mean to have Hope?

To have belief

Not afraid to start all over again

Bleak

negative attitude

Sad

To remain positive in all aspects of life despite obstacles that may come your way.

Tired all the time

What does it look like when a person lacks Hope?

Despair

Flat affect

Defeated

Dejected

Cynical

sad

Depressed

Everything is negative

What does it look like when a person lacks Hope?

They don't care about the future.

Lack of motivation

angry

Depressed

A sense of despair

Angry

Afraid

They are constantly negative

What does it look like when a person lacks Hope?

No motivation

Lacks a growth mindset

Hurt

Black holes

Poor body posture

Sadness and frustration

Sad

No drive

What does it look like when a person lacks Hope?

Cynicism

Uninvited

Ambivalence

Angry

Negative, lack of
motivation

Defeat

Behavior issues

Cut people off

What does it look like when a person lacks Hope?

Feel lost

Negative

Exhausted

Just don't care!

No belief that things will improve

Negative

Acting out

Thoughts of giving up, lost sight of possibilities, no ambition

What does it look like when a person lacks Hope?

They don't think things will get better

Downtrodden, depressed, and irritable

Judgemental

No goals

Anxious and afraid of the future

they lack responsibility

Poor behavior

Might as well sleep

What does it look like when a person lacks Hope?

hater

Toxic

indecisive

Depressed

Negative! Lacks a growth mindset & goals. No drive in life.

Blame others for everything

Depression

Negative

What does it look like when a person lacks Hope?

Suicidal ideation

low self esteem

No belief

Suicide

Disappointed

Parents may have passed this down

Poor behavior

What does a Hopeful person look like and sound like?

welcoming

Happy

Excited and glowing

Hear you

they are always happy and dont let the the negative impact them

upbeat

genuinely positive (not toxically so)

has a growth mindset

What does a Hopeful person look like and sound like?

Confident

Happy

Engaged

Joyful

Like fFire

They whistle while they work

And - now back to our slide deck!



How might we use the science of Hope in our own families?

By instilling a positive environment

Be intentional about planning opportunities

positivity

Be present

Making family a priority

empowerment

Seeing every individual for who they are and listening

Be an example of hope for your children

How might we use the science of Hope in our own families?

Listening

Listening

Explore our world and community and expose kids to foreign experiences

Give our kids opportunities to know what is out there- open their eyes to the bigger world

including all voices in making decisions

Taking time to listen and discussing what they enjoy doing

Guiding them to reach their goal

Creating meaningful connections



How might we use the science of Hope in our own families?

Make sure my family members feel respected and acknowledged as important members of the family.

Set long term and tangible goals, and provide supports to meet these goals.

Listening and bonding

Create genuine relationships

Meeting them where they are

Being understanding to those around us.

Creating a sense of belonging and showing how to navigate pathways.

Showing love and acceptance



How might we use the science of Hope in our own families?

By talking to our family members about taking agency of our future

Providing exposure to opportunities

Creating opportunities for growth, connections and fun

Listening with undivided attention

Validating other's perspectives

Providing options and empowerment to follow through. Support with data.

Listening to just listen

Being positive, having empathy and understanding.

How might we use the science of Hope in our own families?

Building international relationships and opportunities to feel confident and valued

Pathway building

Show by actions of empowerment

Respect families or individuals goals

Letting everyone be an active participant in decision making.

Giving them tools to navigate the tough things that they'll face as adults

Have fun. Positivity

Playing games

How might we use the science of Hope in our own families?

Talk about problem-solving.

The best way to increase hope in our families is finding the pathways that are blocked and enable them to break the barrier by finding agencies or resources to break the blockages.

How might we build Belonging in our partnership work?

Sharing ideas. Like we're doing now

Making opportunities to invite others

Networking and connections

Keeping an open mind and remaining non-biased and nonjudgemental

Thank you for contributing to our discussion!

