



ANCHORED "HOPE" MAP



1. WRITE DOWN CLEAR GOALS THAT FILL YOUR MIND WITH A POSITIVE VISION FOR THE FUTURE.

2. SEEK OUT AND IDENTIFY PATHWAYS TO ACHIEVE YOUR GOAL.



3. IDENTIFY OBSTACLES THAT MIGHT BLOCK THE PATHS YOU HAVE WRITTEN DOWN.

4. WRITE DOWN WAYS YOU CAN OVERCOME EACH OBSTACLE (LIKE DEVELOPING NEW PATHWAYS OR ADDING ADDITIONAL STEPS).

5. MAINTAIN HOPE BY WRITING DOWN YOUR MOTIVATION TO KEEP GOING, EVEN IN THE FACE OF OBSTACLES.

