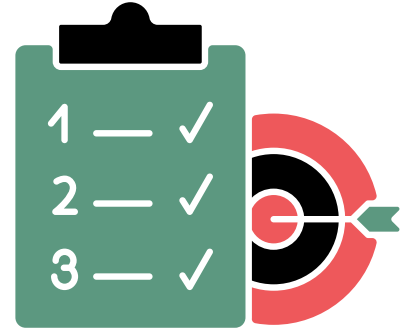


My Family Goal Worksheet

Let's do this! Write down a goal you have for your family.



Now let's add some detail! Circle the most accurate option.

This goal will help me:	Achieve something	Avoid something
This goal is:	Very difficult	Not difficult at all
To accomplish this goal, I'll need to:	Stretch myself; maybe learn new things.	Just make it happen! I have everything I need.
I'll need this much time:	Short term (a few days or weeks)	Long term (several weeks or a few months)

Time to identify pathways & barriers to accomplishing your goal.

There are many ways to accomplish your goal. Brainstorm a few potential pathways you can take to achieve your goal, along with possible barriers you might encounter.

Pathway 1: Possible Barriers:	Pathway 2: Possible Barriers:	Pathway 3: Possible Barriers:
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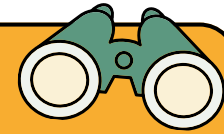
Choose the best pathway to your goal. Now list the steps you need to take to get there.

Step 1	Step 2	Step 3
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Imagination Fuels Hope



Imagination is the instrument of hope! Use this activity to create fun, future memories about your family. Get creative and have fun.


1

What is the goal? What do the characters want?

2

Who are the characters, and where are they?

3



What is the problem they are solving?

4

What did the characters do next?

5



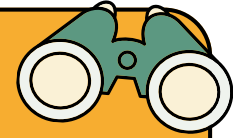
Why did that help?

6

What did you learn?



Creating Future Memories of Success



Use the story prompts below to start your activity, or think of a fun story of your own.

1

Story 1: Tell us a story of how you set out for a big family adventure.

2

Prompt 2: Tell us a story of how you had a big problem but worked together to solve the problem.

3

Prompt 3: Tell us a story when someone in the family was sad or having a difficult time, and you found a way to help.

4

Prompt 4: Tell us a story when someone in the family does something really silly or fun, how did everyone react?

5

Prompt 5: Tell us a story where you had a big important goal. How did you achieve the goal?

6

Prompt 6: Tell us a story when someone wanted something really important. What did they do keep going?

Read, Watch, Talk HOPE!

Family Conversation-Starters We Love



When you finish a book, show or movie with your child, try asking these questions to keep the hope conversation going...

- Who was your favorite character, and what did they want more than anything? (What was their goal?)
- Did they encounter any tough problems in their pursuit of their goal (barriers!), and what were they?
- How do you think they felt when _____ happened? (Name something that seemed overwhelming. Usually, this is the climax of the movie or book! It's the moment we wonder if the character will give up or find a way to push through and triumph.)
- Can you think of a time in our family when we've had something difficult happen and you had similar feelings?
- Did anyone help the main character in their journey to their goal? (Identifying community/pathways.)
- Were there different steps they needed to take to reach their ultimate goal? (Problem-solving/regoining.)
- Do you have people in your life you can lean on when you need help? Who are they?
- How do you think the main character felt at the end of the story? Have you had those feelings in your life?
- What do you think the character learned about himself/herself while going through struggles?
- Would you have changed anything about the movie/book? If, so, what? Can you imagine a different ending?

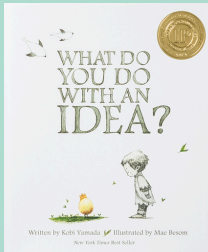


Follow Hope-Driven Parenting on Instagram or Facebook for monthly book lists & more conversation-starters!



Books to fuel IMAGINATION

Family Read Alouds We Love



What Do You Do With An Idea?

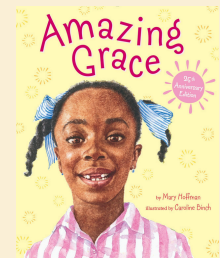
By Kobi Yamada

Although this picture book is abstract, making it ideal for older children and teens, it brilliantly conveys the power of nurturing our own ideas! By using our imagination and following it to accomplish our goals, we see flourishing before our eyes!

Amazing Grace

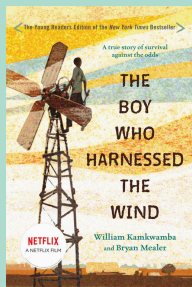
By Mary Hoffman

This wonderful book follows the adventures of a young girl as she imagines herself as many famous characters from history! We're never too old to join our children as they use their greatest resource: their imagination. Who will they become?



The Boy Who Harnessed the Wind

By William Kamkwamba

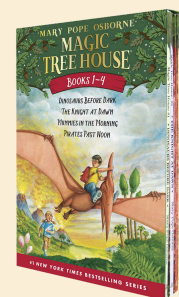


How do you talk to your child about the hard problems of the world without scaring them? You empower them to become problem solvers by using their imagination! If you enjoy this book, watch the movie together to learn more about this amazing young boy!

The Magic Tree House Series

By Mary Pope Osborne

Jack and Annie, the lovable sibling duo who use their treehouse to find adventures in history, teach us to use our imaginations in each volume of this early reader series. We follow them as they learn about history, find ways to help others, and rely on their vivid imaginations while doing so!



Follow Hope-Driven Parenting on Instagram or Facebook for monthly book lists & more conversation-starters!



HOPE AT A GLANCE.

WILLPOWER



- Strategize to conserve willpower
 - Help grow willpower
 - Prioritize tasks
 - Reinforce success

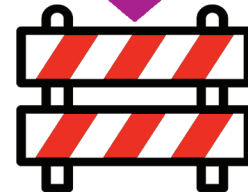
GOAL

What is my goal?
What is their goal?
Do they match?



Imagination is the instrument of hope.
What will it look like when the goal is achieved?
Are pathways exhausted or blocked?
Consider re-goaling

PATHWAYS



- A goal without pathways is a wish.**
- Ensure there are multiple, viable pathways to the goal
 - Plan for overcoming barriers

WILLPOWER

The ability to dedicate mental energy to begin and sustain the journey toward your goals.



- Poor nutrition, disrupted sleep, physical pain
- Relying on public transportation/rides from others
- Frequently switching gears mentally, juggling several high priorities
- Trauma symptoms
- Lack of safety-emotional, physical, moral
- Grief and loss



- Adequate nutrition, sleep, and physical wellness
- Strong relationships with supportive family and friends
- Making and celebrating progress toward desired goals
- Being able to imagine success
- Hope Begets Hope-past goal achievement fuels current success

GOALS



Lower Hope People

- Set goals based on immediate needs
- Help to break big goals down into smaller pieces
- More likely to set avoidance goals
- Unlikely to believe they will achieve their goal

Higher Hope People

- Set more aspirational goals
- Able to manage willpower to make progress toward goals despite barriers
- More likely to set, approach goals
- Have achieved goals and anticipate goal success

PATHWAYS

Roadmaps that allow individuals to begin the journey toward the future.



- Barriers disrupt goal pursuits by depleting willpower and slowing or halting progress toward the goal
- Plan ahead for common barriers
- Advocate and link to reduce barriers and conserve willpower



- Brainstorm multiple strategies to achieve the goal
- The following are rich sources of pathways: Service Providers, DHS staff, Courts, Foster Parents
- Help the person you are working with understand the pathways selected by others are aligned with their highly desired goal. (i.e. Parenting classes are a pathway DHS identified to help a parent be reunified with their child)



HOPE FOR HELPERS

- Schedule your day to strategically manage willpower
- Take mini breaks to move/stretch
- Stock up on healthy snacks and keep handy
- Consult with colleagues
- Keep learning and growing at work and at home
- Attend to preventative healthcare (doctor, dentist, eyecare, etc.)
- Connect with loved ones and co-workers in healthy ways
- Celebrate and track successes big and small
- Anticipate and plan to overcome barriers
- Plan for your physical safety
- Practice mindfulness, meditation, prayer
- Seek experiences that inspire you (being in nature, art, literature, dance, etc.)

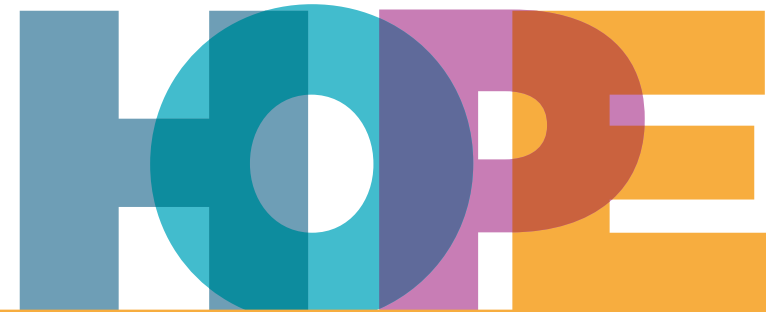
LOSS OF HOPE



GROWING HOPE



A hope centered and trauma informed® meeting seeks to infuse values, policy, practice, and structure with the science of hope, creating an environment where all parties can thrive.



The family team meeting as a place of goal setting:

- **THINK:** What are the goals that this family is trying to pursue? What are the obstacles to hope they are facing? Is the problem rooted in pathways or willpower? What is the case goal? How are those goals similar and different?
- **ASK:** What is the most important goal for you right now? What do you want to happen in this meeting today to help you pursue your goals?



The family team meeting as a pathway:

- **THINK:** Who or what are the pathways to this goal? Does this family have access to those pathways? Which interventions might be best for creating solutions to problems rooted in pathways? What about problems rooted in willpower?
- **ASK:** How can the meeting act as a pathway to your goal? Are there any barriers or obstacles that you need help overcoming? What other pathways can you identify that will be necessary for you to use to achieve your goal?



The family team meeting as a place of discovering and fostering willpower

- **REMEMBER:** Trauma impacts help-seeking behavior as well as a person's sense of safety. Nurturing hope can improve this problem. How might past trauma and current stress contribute to the situation at hand? Does this family have all their basic needs met (ie. food, safety, home, sleep)?
- **DO:** Notice if someone seems disengaged, burnt out, desperate, hostile, or apathetic. Remember that these are signs of low hope. Take a minute to nurture willpower. Praise past successes. Assist this person in identifying personal strengths that can help them accomplish their goals.



The family team meeting and collective hope:

- Is everyone in this meeting collectively helping this family move towards their desired future?
- Is every team member using the language of hope?

FOR ADDITIONAL HOPE RESOURCES VISIT: HOPERISINGOKLAHOMA.ORG

HOPE CENTERED AND TRAUMA INFORMED® DECISION-MAKING

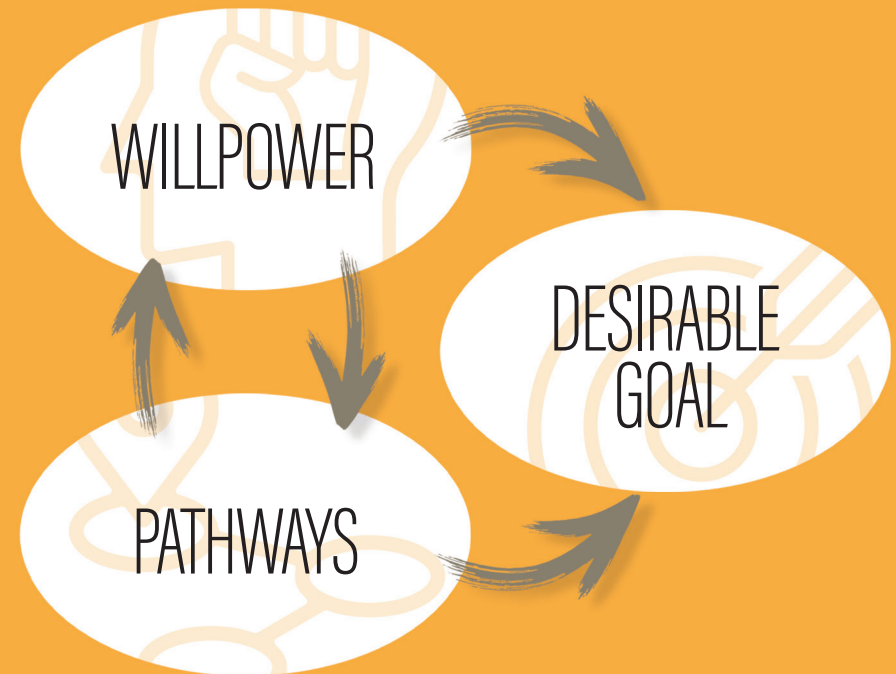


HOPE is the belief that the future will be better than today and you have the power to make it so. Hope is based on three main ideas: desirable goals, pathways to goal attainment, and willpower (agency) to pursue those pathways.

GOALS are desired outcomes you are trying to accomplish. Achievement (positive) goals are those we want to attain. Avoidance (negative) goals are those that we want to prevent.

PATHWAYS are the roadmaps (waypower) individuals have in mind that will allow them to begin the journey toward the future. A goal without a pathway is only a wish.

WILLPOWER (agency/motivation): is a term used to describe your ability to dedicate mental energy to begin and to sustain the journey toward your goals. Willpower is the motivational aspect of hope. We all have limits to the amount of willpower we can exert.



HOPE is a cognition, not an emotion

HOPE
BEGETS
HOPE

HOPE
IS NOT WISFUL
THINKING

Imagination is the instrument of HOPE

HOPE
is a social gift

HOPE
CAN BE TAUGHT

Why Infuse Hope in a family team meeting?

- **Hope** acts as a buffer to adversity and stress.
- **Hope** is the mindset that drives **resilient** behaviors.
- **The family meeting** can act as a **pathway** to interventions that can increase hope, as well as a safe place where goals can be formed and willpower can be fostered.
- **Hope theory** provides the foundation for understanding human behavior and provides the **framework** necessary to engage, assess, intervene, and evaluate action and decision making.

Someone who appears to not care about what occurs in the meeting or who acts hostile to others present likely has low hope.

After repeated attempts to reach a goal without success, individuals will react with **anger, despair, or apathy.**





The Impact of Hope Rising in... Child Welfare

FACT

HOPE IS THE #1 PREDICTOR OF WELL-BEING FOR ADULTS INVOLVED IN CHILD WELFARE.

Child welfare workers, caregivers & other child welfare-based professionals who understand the science of hope are:

- More likely to be effective at protecting & assisting children exposed to trauma
- More likely to cope & adapt with adversity and find pathways
- More likely to maintain motivation
- Less likely to experience burnout
- More equipped to help children develop their own capacity for hope

FACT

CHILDREN WITH TRAUMATIC EXPERIENCES ARE MORE LIKELY TO THRIVE WHEN THEY HAVE HIGH HOPE.

For children who experience adversity, high hope:

- Provides a protective factor that helps them cope
- Increases their capacity to find pathways & dedicate mental energy toward meeting goals
- Predicts higher educational proficiencies
- Decreases suicidal ideation and suicidality
- Has a positive correlation with optimism and self-control
- Can be cultivated through an empathetic, supportive relationship with an adult

FACT

HOPE CAN BE TAUGHT!

Numerous studies show that hope can be instilled and increased through simple interventions. **Hope Rising Oklahoma** equips child welfare workers to create safe, hopeful families and children and produce positive outcomes.



