

The “Wonder About” and “Hope For” Worksheet

“To Wonder is to open the Door to Hope. To Hope unlocks the Door to Wonder.”

Those two words - Wonder and Hope – are powerful words, but they are often overlooked and forgotten. Over time, their meanings have become weakened by a cynical world that wants to douse the fires of imagination and creativity that these words can spark because they would rather have people stay in their lanes and not wander too far from cultural orthodoxy, familial acceptance, or peer approval.

Nevertheless, wonder and hope are integral to the heart and spirit of human beings. To deny these is to deny ourselves and our divine nature. If we have lost some of those qualities of our human/divine nature, is there something we can do to respark and awaken them? It is not luck that there are ways to do just that. Wake up. Questions are a marvelous technique to get that resparking action going. We want that, right? If we are not now sparking, we must learn how to respark so we can reignite our dreams and goals and get on with living.

So, can we begin? With what question?

Let’s start simple. What if...?

What if your life was different? In what ways would you like it to be different?

For instance, your occupation or vocation:

- What if you had a different job?
- What if you had a better job?
- What if you had a more challenging job?
- What if you had a less stressful job?
- What if you had a more fulfilling job?
- What if you had a job that used more of your talents and gifts?
- What if you were fully committed to your job to make it a tremendous success?

For instance, your relationships:

- What if you had happier relationships?
- What if you had more fulfilling relationships?
- What if your relationships brought you more security and peace of mind?
- What if there were better communication in your relationships?
- What if your relationships brought more joy and less stress?
- What if your relationships supported you in becoming the best you can become?
- What if you were fully committed to making your relationships the best they truly can be?

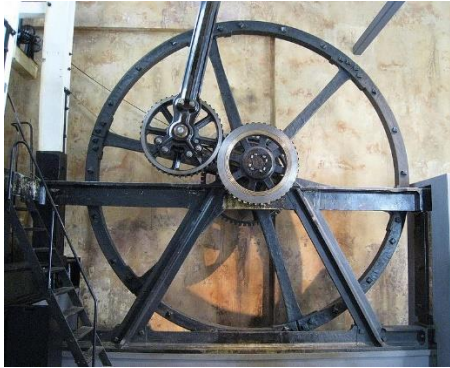
This is a sample of possibilities you could wonder about or hope for. Other areas could be your health, your spiritual development, improving where you live (your home and neighborhood), your social life,

your financial future, your education, your habits, your emotional well-being, your critical thinking, problem-solving, and goal setting skills, and how to use your time in more satisfying ways.

The lists are nearly endless, as you might imagine.

The worksheet on the next page will get you started. Hopefully, it will respark your wonder and hope and start your “flywheel” spinning.

A Spinning Flywheel?



Definition

Flywheel

A heavy wheel in a machine or an engine that helps to keep it working smoothly and at a steady speed. Meriam-Webster

A more scientific explanation of a flywheel is;

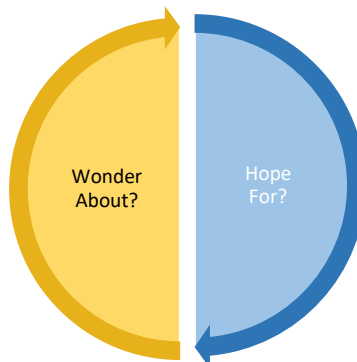
Mechanical device designed to store angular kinetic energy in a rotating mass

A flywheel is a mechanical device that uses the conservation of angular momentum to store rotational energy, a form of kinetic energy proportional to the product of its moment of inertia and the square of its rotational speed. In particular, assuming the flywheel's moment of inertia is constant then the stored energy is directly associated with the square of its rotational speed. Wikipedia

What does that mean? Simple. The flywheel, in its circular spinning, helps regulate the machinery it connects to. It smooths out the operation, which otherwise might be irregular, erratic, jerky, unpredictable, and therefore, unreliable and possibly dangerous. It also stores energy which can be accessed when needed.

Creating beneficial habits can be like having reliable flywheels operating in our lives to help us smooth out the rough spots and unpredictable events we encounter so we are not derailed or fall into discouragement and procrastination. The Flywheel of Wonder About and Hope For moves us into possibility thinking, helping us to avoid getting stuck in helplessness and hopelessness.

The Flywheel of Wonder About and Hope For[®] graphic



When we install and make this Flywheel of Wonder About and Hope For a habit in our life, we engage more deeply and thoughtfully in our life processes, such as who we are becoming, what matters to us, what we want to achieve, how to get there, and accomplishing our most desired outcomes.

To successfully install this Flywheel of Wonder About and Hope For, making it an integral habit and way of living, we must first become clear on how to engage to set the flywheel in motion and get it going, and second, on how to keep it going, which is building the habit.

Start Out Simple and Then Go Deep

There are many things we wonder about often at a subconscious level, meaning we are not fully aware of that wondering. We call it daydreaming or getting lost in our thoughts. They are usually short mental trips we zip off into and return after a moment or two. But, during that time, we may have missed part of a conversation or something on a computer screen or phone. Usually, it's not a biggie. It can happen while we are walking, waiting, showering, or even while we are driving the car. We all do it: brief moments of escape.

However, there is another kind of wondering we do that is much more powerful and meaningful to us. These wonderings have to do with past events, present possibilities, and future opportunities and outcomes. Some of these matter little. Others matter very much. Whether they matter a little or a lot, they all take up head space, time, energy, and emotions. Some are innocent, some are wasteful, some hurt us, and others have the potential to make a significant difference in our lives. But until we separate the passing fancies from the purposeful and powerfully desirable, we stay stuck in a mental limbo of "neither here nor there". We are lukewarm, neither committed nor committable. We play it safe, meaning safely stuck and not at risk. But are we?

I am writing about the long view of our potential. To get to that level of imagination and creativity, we must start where we are. What do you wonder about? What do you hope for? You'll notice the above graphic of The Flywheel of Wonder About and Hope For, that one side feeds into the other. When we wonder about something that is meaningful to us, we hope for opportunities to make our hopes real. If we have hopes about someone or something, we wonder how we could bring this hope into reality.

Begin by Taking an Inventory

Where you start in this cycle does not matter as much as noticing where you are. Are you wondering, or are you hoping? If you are doing both, which is the most? Likely, you will be doing one more than the other. That's where you start. Use a separate piece of paper if necessary to answer these questions.

Make a list of things you have on your mind (wonder about or hope for) from your past.

Make a list of things you have on your mind (wonder about or hope for) about the present.

Make a list of things you have on your mind (wonder about or hope for) about the future.

Each of these lists indicates somewhere you are stuck in your mind. Particularly, if these are items you are not taking any action on, and even more so if they've been on your mind for some time with little or no action. Somewhere, for some reason, you got stuck, meaning you either stopped wondering, or you stopped hoping. In other words, you gave up.

Are there times when you can get legitimately stuck and unable to move forward? Yes, but most of the time, probably 99%, we can do something and move on. Even if the only thing we can do is accept what is and move forward. We get stuck because we shut down our actions to wonder about and hope for.

The table below gives you the opportunity to sort through the lists above and place each item under Wonder About or Hope for. This table helps you see where you are in the Wonder About and Hope For Cycle.

If you are wondering about something, what does it inspire you to hope for? If you are hoping for something, what does it cause you to wonder about? This will take some thought, work, and maybe a little research. If you don't do the work here, nothing will happen, and things will continue as they have. But if you do the work, your mind will start working for you in a new way. You will respark. You will reignite. You will restart. The flywheel will begin to roll. You'll start thinking again. You'll wonder more and you'll hope for more, and with that reigniting, you'll take action.

What that action is, I don't know. But you will. You'll figure it out. Trust yourself.

Who Can Use This Model?

Anybody and everybody. Whether you're a kid in elementary school, junior high, high school, or a young adult in college, or working for someone, looking for work, running your own small business, or holding a leadership position in a large company. You can use it for personal development, family and social relationships. I guarantee you there are things on your mind you're stuck in and don't know how to move forward.

How Would I Know if I Am Unconsciously Stuck?

So, from time to time, you spin off, go into an unconscious state of worry or anxiety, and feel helpless and hopeless. Though you snap out of it, if you do nothing about it nothing changes. It will be wash, rinse, and repeat over and over. Been there? That's stuck, right?

You must stop this cycle because you end up believing the lies you are helpless, hopeless, and rather pathetic that you can't get over whatever it is. It's a real place to be. It's not true, still it feels very real and shapes our beliefs and perceptions. After all, look at all the time, energy, and emotion you and others waste in this wasteland going nowhere. It's all too prevalent, obvious, and all around us. So many people are stuck in their lives, even when they seem like they are living great lives.

This cannot be you. You must get that flywheel going. Now, what?

Well, it is time to stop this stuck mindset and its control of any and every part of your life. Right here and right now. Use the exercise on the next page and get after it. Get excited and believe. The mantra on the next page may be helpful to you. Keep it in mind as you take on your challenges.

So, what's the outcome you're looking for? A plan. An action plan that you can immediately or as soon as possible implement.

A Moment on Belief

I don't have time to talk about Belief here. It is enough to say that Belief is a real thing and is a very powerful energy in our lives. As you read this last sentence, I know some of you are rolling your eyes. I understand. May I make a suggestion? For about 300 years, Western culture has been mesmerized by the metaphysical philosophy of materialism and the scientific method. I am not saying they have no place in our lives. Obviously, they do. Just look at all your gadgets, data points, methods of testing theories, and so on. They are vital, but they are not the whole burrito. There is much we do not know and many mysteries we've never explored. Certainly, the human soul is one of those, and Belief is a component of that mystery.

To move yourself beyond your stuck mindset, you must believe it is possible. Some would say you must give yourself permission. Okay, go with that. Nevertheless, even when you give yourself permission, you must still believe that permission has power over your stuck mindset, over your feelings of helplessness and hopelessness. Here's the link to a blog post I wrote that might give you additional insight:

<https://maikelbailey.com/blogs/f/turn-the-switch-of-positive-belief-and-action-on?blogcategory=Life+Notes>

So, begin here to exercise your muscle of belief. Use this affirmation daily for a week. Preferably for a couple of times a day. Why do this? It's like priming the pump, or cranking the engine to get your flywheel moving. It's mechanical, for sure. But it's amazing how such a simple action can make a huge difference.

I CAN Do This.
I CAN Learn This.
I CAN Figure This Out.
I CAN Get This Done.
I CAN Get on Top of This.
I CAN WIN!
And I CAN Get On With My Life!

The Wonder About & Hope For Restarter Exercise

Whatever you are wondering about, write that under the Wonder About Column, then fill out what that inspires you to hope for. If you are hoping for something, what does that cause you to wonder about? Stop yourself from overthinking this, believing you must do it perfectly. You don't. Just start and keep after it. The pieces will begin to fall into place. You are much smarter and more clever than you realize.

The Wonder About & Hope For Restarter	
What Do You Wonder About?	What Does That Inspire You to Hope For?
What Do You Hope For?	What Does that Cause you to Wonder About?

So, What's the Point of This Work

As I said, to get you a plan, an action play you can believe in and will act on now. After all, isn't that what you've been wondering about and hoping for? A plan to move you forward and onward?