

Hope Playsheet

HOPE
IS A STRATEGY

Hope	What are you hoping for?
	Strengths to use:
Options and Obstacles	Consider alternative ways to achieve what you're hoping for. What might get in the way?
	Strengths to use:
Plan	Create a clear plan so that you "can see how to get there from here"
	Strengths to use:
Engage	How will you show up, engage with the plan, and navigate obstacles?
	Strengths to use: