Keeping Hope manual
Introduction

Exercise 1: Hope Statements

Exercise 2: Positive Affect

Exercise 3: 40 Hope Wisdoms

Exercise 4: Hope Creates Hope

Exercise 5: Closing Exercise
How can we hold on to hope with all the negativity thrown our way through the horrific news, disastrous world events, and challenges in our personal life? This manual is designed to help us find ways and means to do just that. We can create our own world within the world, our own energy within others energy and our own magical life within the mundane everyday life.

The key to a successful journey of life does not come from anything external, as most people think. It comes from our being and our beliefs. The only thing that can change our life is ourselves. The faster we realize that we cannot change another and often we cannot change a situation, the faster we become empowered to implement the very things that can bring us happiness and contentment.

No matter our age, when we become one and unified with that purpose, it becomes harder for the negativity of the world to soil our life canvas. We live faithful to ourselves and our connection to our reason for being. What we do may seem insignificant, yet in our hearts, we thrive because we know it must be done. We become content because we have a certainty. When we believe that there is something outside of ourselves, something beyond the ordinary, hope springs eternal. Hope is belief without evidence. It comes from intuition, inspiration and divine intelligence.

Dreams are meant to be fulfilled. A life of fulfillment instead of emptiness is realized by those who put their wishes into action. The worst words spoken at the end of our life would be: “it could have been” or “it might have been” or “it should have been.” However, a rewarding existence is not based on the end goal; it is based on how we take the journey. And that journey is predicated on the amount of hope we hold on to.

We are here as humans to live listening, learning and loving. In truth, hope is the fuel for our strength. Therefore, the more hopeful we are, the more at peace we become. Hope is like a compass. It keeps steering us to the right course, as we sail through life.

*Hope is the lighthouse in the sea of the unknown.*

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Exercise 1
Hope Statements

Read the following 23 statements. Pick eight that mean the most to you and why. Pick four that are the hardest for you to believe and why.

1. Hope denied is life denied.
2. Hope presses us forward against all odds.
3. Hope keeps us strong and determined.
4. Hope facilitates the impossible in becoming the probable.
5. Hope is a goodness all on its own.
6. Hope is the best possession a human can have.
7. Hope actualized makes the difference between dreamers and leaders.
8. Hope is the first ingredient of an endeavor.
9. Hope lives larger in compassion for those less fortunate.
10. Hope is at the root of all ideas.
11. Hope springs from our beliefs.
12. Hope shines brightest in the midst of darkness.
13. Hope makes living worthwhile, for without it, life seems worthless.
14. Hope is the emotion that encourages miracles.
15. Hope realized heals the entire world.
16. Hope brings with it an inner calmness.
17. Hope makes seeing the imperfect as perfection.
18. Hope enlarged exalts courage and perseverance.
19. Hope destroys sadness and sorrow.
20. Hope is in itself a happiness that can lead to bliss.
21. Hope is the best medicine for a broken heart.
22. Hope creates opportunities that must be taken.
23. Hope is what creates heroes, such as: Mahatma Gandhi, Nelson Mandela, Abraham Lincoln, Winston Churchill, etc.

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1. Which eight statements mean the most to you and why?

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2. Which four statements are the hardest for you to believe and why?

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Exercise 2
Positive Affect

What we focus on becomes our reality.

We all need someone or something that leaves us feeling more positive and hopeful. Using these events and people give us the strength and courage to follow our dreams and purpose. It behooves us to think more about people and events that inspire us, rather than people or events that leave us feeling hopeless. Our thoughts and feelings dictate our journey through life.

Instructions

1. Make a list of four people who left you feeling the most hopeful, and why. Can be someone you know personally or someone famous, whether from history or your past.

2. Make a list of four events that happened that left you feeling the most hopeful, and why.
1. Who are the four people who left you feeling the most hopeful, and why?

2. What are the four events that happened in your life that left you feeling the most hopeful, and why?
Exercise 3

40 Hope Wisdoms

Go through these 40 wisdoms and pick the ten that mean the most to you, and why. Then pick the five that are the most challenging to you, and why.

1. Though we face finite disappointment through our life here, we must keep infinite hope.
2. Of all our attributes – hope is the most proactive.
3. The essentials of life are – something good to do, someone good to love, something good to hope for.
4. Hope is the raw material in which we build a happy life.
5. Hope is the arm that feeds the hand of confidence.
6. Hope creates perseverance, perseverance creates character.
7. Hope is the end result of faith.
8. Patience is easy when one has hope.
9. Without hope, we dam the flow.
10. The presence of invincible hope leaves no room for doubt.
11. Only hope can make a valley of trouble into a mountain of treasure.
12. For those who have hope – have everything.
13. Because of hope, we know we will leave the planet better than the way we found it.
14. Hope brings music to our ears and magic to our eyes.
15. Hope fills the afflicted soul with the affirmation of better days ahead.
16. Success belongs to those who give the next generation reasons for hope.
17. Hope ushers in mighty forces that come to our aid.

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18. For those who are bold – have hope.
19. Hope knows that a foggy morning does not signify a stormy day.
20. Hope feeds our lungs with oxygen.
21. Gratitude is the Siamese twin to hope.
22. Hope turns black and white into technicolor.
23. When experiencing the worst – hope for the best.
24. For one who loses hope – loses everything.
25. Wishing is not hope – believing is.
26. Feel lost? Find hope!
27. Hope is the oil lamp that keeps burning long after the oil has used.
28. Dreams can ONLY be realized through hope.
29. Hope deferred makes for a sorrowful life.
30. The greatest person on earth is the one who gives another person hope.
31. Defeat will come as it may – but hope will keep the defeated feeling away.
32. Hope quickens inspiration into action.
33. Hope is the strongest when it birth from fears.
34. Hope is like the sun, it keeps the shadow of our burdens behind us.
35. Hope is maternal – it says comfortingly – do not worry dear, it will be OK.
36. Hope’s cry is try – try – try.
37. We cannot live on hope alone, but without it, it surely is lonely.
38. Hope is a life preserver – it keeps us from sinking.
39. Hope is the creator of harmony.
40. Hope is the greatest sustainer of life.
1. Which ten wisdoms mean the most to you, and why?

2. Which five wisdoms are the most challenging to you, and why?
Exercise 4

Hope Creates Hope

Happiness - Openness - Perseverance - Enlightenment

These are the four potent emotions that create hope. Read each card and pick out the sentence that means the most to you, and why.

To find happiness, seek the sacred within the ordinary and the remarkable within the commonplace. Read news, see films and watch TV shows of peace instead of pain, intelligence instead of ignorance, harmony instead of horror, love instead of lust and vision instead of violence. This manifests a circuitry of light around ourselves, infused with wellness and wonder. Laughter is a divine anti-depressant, a vibrant victory over the dark forces. To be happy or to be sad is always a conscious choice. When we choose happiness, we beam out a radiant light to everyone we come in contact with. This inevitably assists the collective endeavor, thereby creating the recipe for heaven on earth.

Remember: Happiness is usually the result of circumstances, but true happiness endures in spite of circumstances.

The sentence that means the most to me is.....
Openness is the key to all good things happening. It is the ability to welcome those who are different from ourselves and invite things in that are outside of our comfort zone. When we are open-minded, we embrace the unknowable which creates a much vaster existence for ourselves and those involved in our life. We cannot grow if we are closed. As a result, our spirit dies and our soul withers. Being open to the Universe and all its potential sends our spirit flying and our soul soaring. We become ignited and stimulated by the radiant, unseen forces that create miraculous events. We become free from world-based fear. Before we know it, our potential meets our power and our power meets its perfect mates.

Remember: **Openness** allows us to expand our horizons beyond what we ever thought possible.

The sentence that means the most to me is.....
Some believe that if there was an 11th Commandment, it would be perseverance. Perseverance is the vehicle for soul growth, mind advancement and spiritual mastery. We salute our mistakes, seeing them as an advantage, an opportunity to overcome adversity. We persevere because we hold to a wisdom that it is better to try and fail rather than fail to try. We bravely strive in spite of difficulties, like a wild flame that refuses to be extinguished. Persevering is confidently holding to a worthy course, seeing hindrance simply as a chance for heaven to interfere. To persevere is to not sever before the deed is perfected. This is truly faith being personalized and personified.

Remember: **Perseverance** is triumph - giving umph to trying!

The sentence that means the most to me is.....
Enlightenment is a quiet inner standard of emotions and a silent outer standard of mindfulness. The masters teach the following four skills to problem solving - name it, claim it, tame it, aim it. Enlightened ones do not put an emphasis on the goal, only how one takes the road to the goal. This road is a disciplined commitment, whereby we receive any and all rebuke and swiftly self-correct. Striving for enlightenment keeps the universal plan alive. We tend it carefully, with no complacency, never needing proof, only providence. Enlightenment is a resonance of light, love and laughter matched with purity, perseverance and promise. Do not be fooled - enlightenment can be obtained in one lifetime.

Remember: Enlightenment is a sacredness that goes beyond an action - it is a sacredness that IS the action.

The sentence that means the most to me is.....
Exercise 5
Closing Exercise

1. What do you feel you learned from this manual that you will incorporate into your work/school life?

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2. What do you feel you learned from this manual that you will incorporate into your personal life?

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3. Which exercise did you like the best and why?

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