

# Hope Mapping



**SOUND HEALTH**  
& WELLNESS TRUST

Hope is an essential ingredient for a happy, successful, and fulfilling life. According to positive psychologist Charles Richard “Rick” Snyder, being hopeful can lead to better physical and mental health and help you achieve your goals.

## Set Your Goal

What do you hope for? Write down a clear and achievable goal. Describe your goal in as much detail as possible. Example: Spend an hour less a week on social media.

## Why is this goal important to you?

List what is motivating you.

### Believe in Yourself

List all the reasons you know you can achieve your goal. What strategies can you use to keep motivated?

### Find Support

Who else believes in you? Who can you lean on when you doubt yourself? Identify people and/or resources you can count on for support.

### Create Your Pathways

What steps will you be taking to reach this goal?

A grid of 12 chevron-shaped boxes arranged in 3 rows and 4 columns. Each box is an orange outline with a downward-pointing chevron at the top and an upward-pointing chevron at the bottom, creating a central rectangular space for writing. The boxes are intended for listing steps to reach a goal.