

The Power of Hope

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INSPIRE ENGAGEMENT

Session Outcomes

After this workshop participants will agree with the following statements:

- I can explain what hope is.
- I have a working knowledge of hopeful thinking.
- I have at least 3 ideas for increasing my hopefulness to achieve a personal goal.
- I have at least 3 ideas for increasing hope in those around me
- I've had fun.
- Other _____

The Needs of Followers

Think of the leader who has the most positive influence on your daily life?

Indicate their initials _____

Now, list three words that best describe what this person contributes to your life?

- 1.
- 2.
- 3.

*"Leadership is not about titles, positions, or flow charts.
It is about one life influencing another." John C. Maxwell*



What is Hope?

Hope is the belief that the future will be better than the present, along with the belief that you have the power to make it so. *Shane Lopez*

Hope is a positive **motivational state** that is based on an inter-actively derived sense of successful:

agency (Willpower and goal directed energy)

and

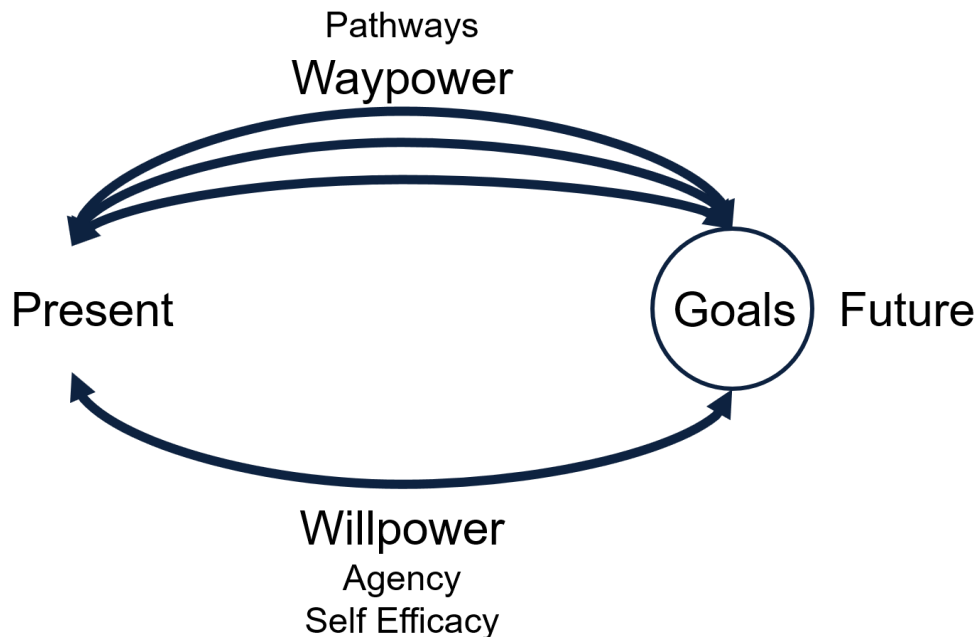
pathways (Waypower and planning to meet goals) *C.R. Snyder*

Hope is a **perceived capacity** to produce clear **goals** along with **routes** to reach those goals and the **motivation** to use those. routes *Lopez and Snyder*

Hope is not a lottery ticket



What is Hope?



- Goals - any objects, experiences, or outcomes that we imagine and desire in our minds.
- Willpower - the driving force in hopeful thinking. A sense of mental energy that over time helps propel us toward our goals.
- Waypower - reflects the mental plans or road maps that guide hopeful thoughts.

Why Hope?

All other conditions equal...Hope leads to:

- 12% increase in academic performance
- 14% increase in workplace outcomes
- 10% increase in happiness



Measuring Hope

Putting Hope to the Test

Read each item carefully. Using the scale next to each item please circle the response that best describes you.

| | Strongly Disagree | | | | Strongly Agree |
|--|----------------------|---|---|---|-------------------|
| 1. My future will be better than the present | 1 | 2 | 3 | 4 | 5 |
| 2. I have the power to make my future better. | 1 | 2 | 3 | 4 | 5 |
| 3. I am excited about at least one thing in my future. | 1 | 2 | 3 | 4 | 5 |
| 4. I see many paths to my goals. | 1 | 2 | 3 | 4 | 5 |
| 5. The paths to my important goals are free of obstacles. | 1 | 2 | 3 | 4 | 5 |
| 6. My present life circumstances are the only determinants of my future. | 1 | 2 | 3 | 4 | 5 |
| 7. My past accomplishments are the only determinants of my future. | 1 | 2 | 3 | 4 | 5 |
| 8. I make others feel excited about the future. | 1 | 2 | 3 | 4 | 5 |
| 9. I spread hope through modeling or support of others. | 1 | 2 | 3 | 4 | 5 |
| 10. I spread hope through the way I live my life. | 1 | 2 | 3 | 4 | 5 |

Total Score Questions 1 – 5 _____

Total Score Questions 6 – 7 _____

Total Score Questions 8 – 10 _____



The Adult Hope Scale

Directions: Read each item carefully. Using the scale shown below, please select the number that best describes YOU and put that number in the blank provided.

- 1. = Definitely False
- 2. = Somewhat False
- 3. = Somewhat True
- 4. = Definitely True

- ___ 1. I energetically pursue my goals.
- ___ 2. I can think of many ways to get out of a jam.
- ___ 3. My past experiences have prepared me well for my future.
- ___ 4. There are lots of ways around any problem.
- ___ 5. I've been pretty successful in life.
- ___ 6. I can think of many ways to get the things in life that are important to me.
- ___ 7. I meet the goals that I set for myself.
- ___ 8. Even when others get discouraged, I know I can find a way to solve the problem.

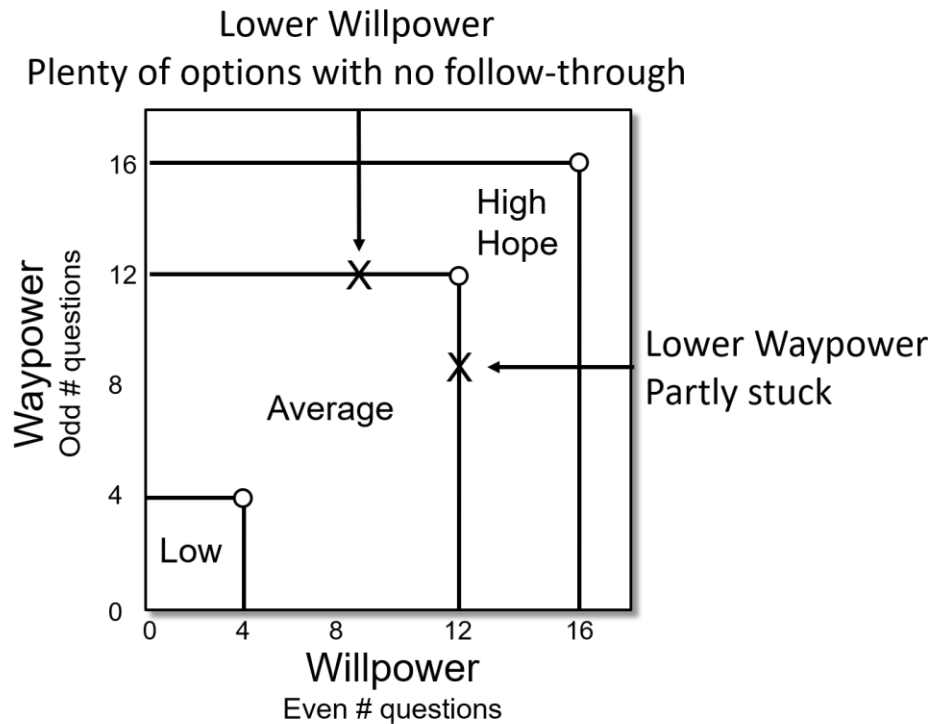
Total points given to even numbered questions _____

Total points given to odd numbered questions _____

Total points given to all questions (even+odd) _____



How Hopeful are You?



High Hope

- High self esteem
- In control of own destiny
- Positive affectivity (being in the present and in flow)
- Competitive – seeing mastery
- Less depression
- Less anxious

Waypower and Willpower Scores:

If you scored at least 12 on both axes you have a strong foundation. Continue to keep your goals in mind while constantly thinking about various ways to obtain those goals.

- Waypower score lower: Partly Stuck
- Willpower score lower: Plenty of options with no follow-through



Gallup Student Poll

The Gallup Student Poll is a 24-question survey that measures the engagement, hope, entrepreneurial aspiration and career/financial literacy of students in fifth through 12th grade.

The Gallup Student Poll includes non-cognitive metrics with links to student success.

| | Text | Theme |
|----|--|----------------------------|
| 1 | At this school, I get to do what I do best every day. | Engagement |
| 2 | My teachers make me feel my schoolwork is important. | Engagement |
| 3 | I feel safe in this school. | Engagement |
| 4 | I have fun at school. | Engagement |
| 5 | I have a best friend at school. | Engagement |
| 6 | In the last seven days, someone has told me I have done good work at school. | Engagement |
| 7 | In the last seven days, I have learned something interesting at school. | Engagement |
| 8 | The adults at my school care about me. | Engagement |
| 9 | I have at least one teacher who makes me excited about the future. | Engagement |
| 10 | I know I will graduate from high school. | Hope |
| 11 | I have a great future ahead of me. | Hope |
| 12 | I can think of many ways to get good grades. | Hope |
| 13 | I have many goals. | Hope |
| 14 | I can find many ways around problems. | Hope |
| 15 | I have a mentor who encourages my development. | Hope |
| 16 | I know I will find a good job in the future. | Hope |
| 17 | I will invent something that changes the world. | Entrepreneurial Aspiration |
| 18 | I plan to start my own business. | Entrepreneurial Aspiration |
| 19 | I am learning how to start and run a business. | Entrepreneurial Aspiration |
| 20 | I have my own business now. | Entrepreneurial Aspiration |
| 21 | I have a paying job now. | Career/Financial Literacy |
| 22 | I am learning how to save and spend money. | Career/Financial Literacy |
| 23 | I have a bank account with money in it. | Career/Financial Literacy |
| 24 | I am involved in at least one activity, such as a club, music, sports or volunteering. | Career/Financial Literacy |

Demographic Items: Grade level, age, academic self-efficacy (2), plans after high school, race/ethnicity, gender, attendance



How can you build hope in followers?

How can you create and sustain excitement in others about the future?

How can you inspire meaningful goals for your followers?



How can you develop willpower in your followers?

How can you help your organization create pathways?



Hope matters
Hope is a choice
Hope can be learned
Hope can be shared with others

*“Hope” is the thing with feathers—
That perches in the soul—
And sings the tune without the words—
And never stops—at all—*

*And sweetest—in the Gale—is heard—
And sore must be the storm—
That could abash the little Bird
That kept so many warm—*

*I've heard it in the chillest land—
And on the strangest Sea—
Yet, never, in Extremity,
It asked a crumb—of Me.*

-Emily Dickenson



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The very purpose of our life is happiness, which is sustained by hope.

We have no guarantee about the future, but we exist in the hope of something better.

Hope means keeping going, thinking, 'I can do this.'

It brings inner strength, self-confidence, the ability to do what you do honestly, truthfully and transparently.

Dali Lama

Questions or comments email:
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References, PowerPoint and handout used in this presentation may be downloaded at: www.inspired-engagement.com/hope

Evaluation/Feedback
<https://www.surveymonkey.com/r/DS283Y2>

