





HOPE SYMBOLS (

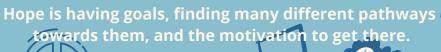


When you think of hope, what image comes to mind. What image do you use to identify hope? Why?

What is your hope?

Our hopes can change over time!

Identifying and growing our hopes helps us in moving forward in difficult times. On the back of this card write out or draw your hope and place it somewhere you'll see it to remind you.













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Hope is having goals, finding many different pathways towards them, and the motivation to get there.















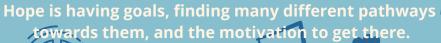
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