



Hope

Sources:

- [Making Hope Happen](#), *Shane Lopez, Ph.D.*
- [The Psychology of Hope](#), Snyder
- [Rising Hope](#), Casey Gwinn, JD and Chan Hellman, Ph.D
- [The Oxford Handbook of Hope](#), Gallagher and Lopez
- *Dr. Chan Hellman, University of Oklahoma (some slides)*
- *Akshay Malik, International Journal of Scientific and Research Publications, Volume 3, Issue 10, October 2013 1 ISSN 2250-3153*



A sunset over a desert landscape. The sun is low on the horizon, casting a warm orange and yellow glow across the sky. The sky transitions from a deep blue at the top to a bright orange near the horizon. There are some dark clouds on the left side of the frame. The foreground shows the silhouettes of rolling hills and mountains. The text "Is hope rising or falling for you right now?" is overlaid in the center of the image in a white, sans-serif font.

Is hope rising or falling  
for you right now?



# *Hope Rising*

**#1**

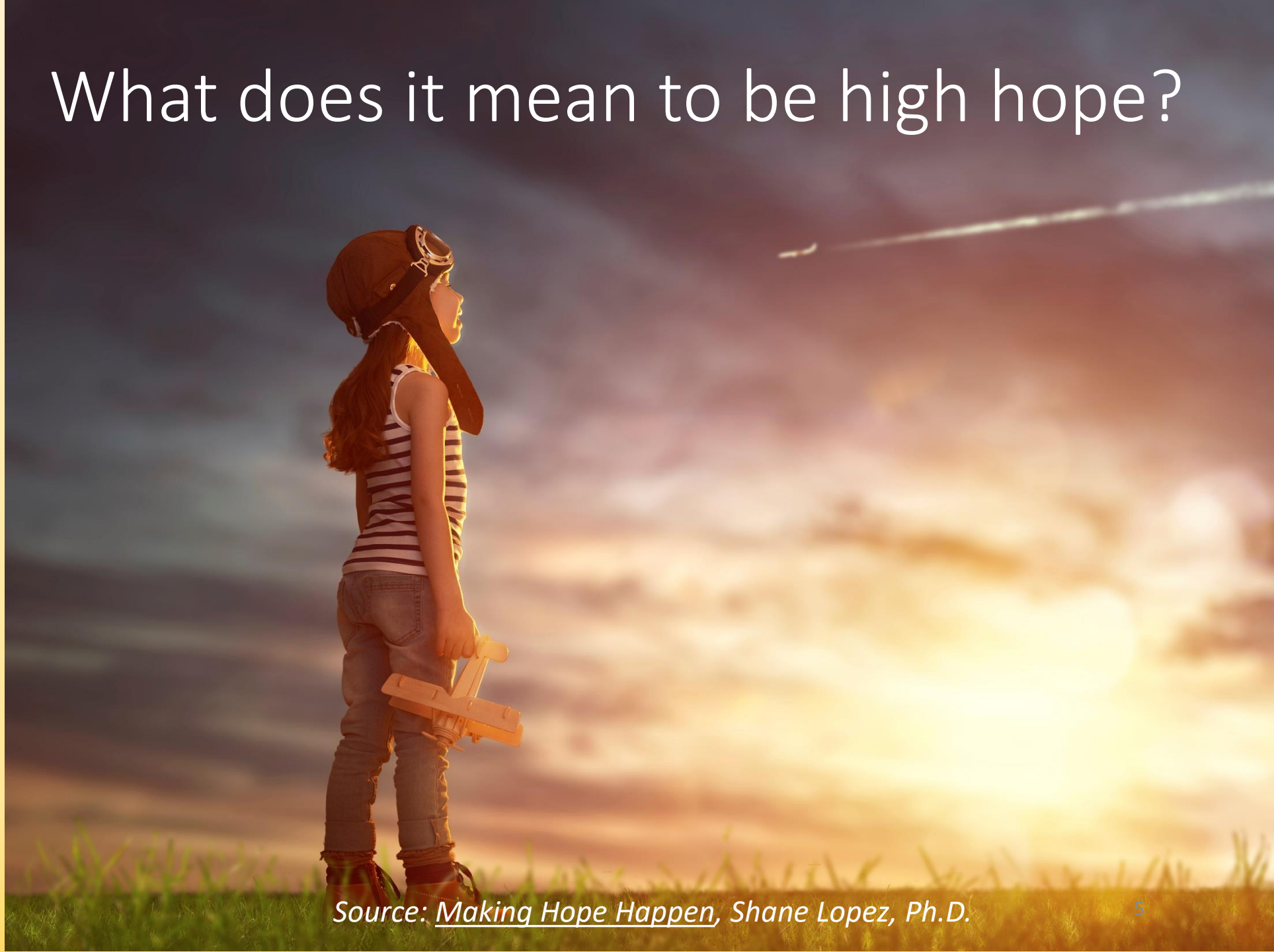
---

*Predictor of whether we flourish in life*

## High Hope People Believe:

1. The future will be better than the present.
2. I have the power to make it so.
3. There are many paths to my goals.
4. None of them is free of obstacles.

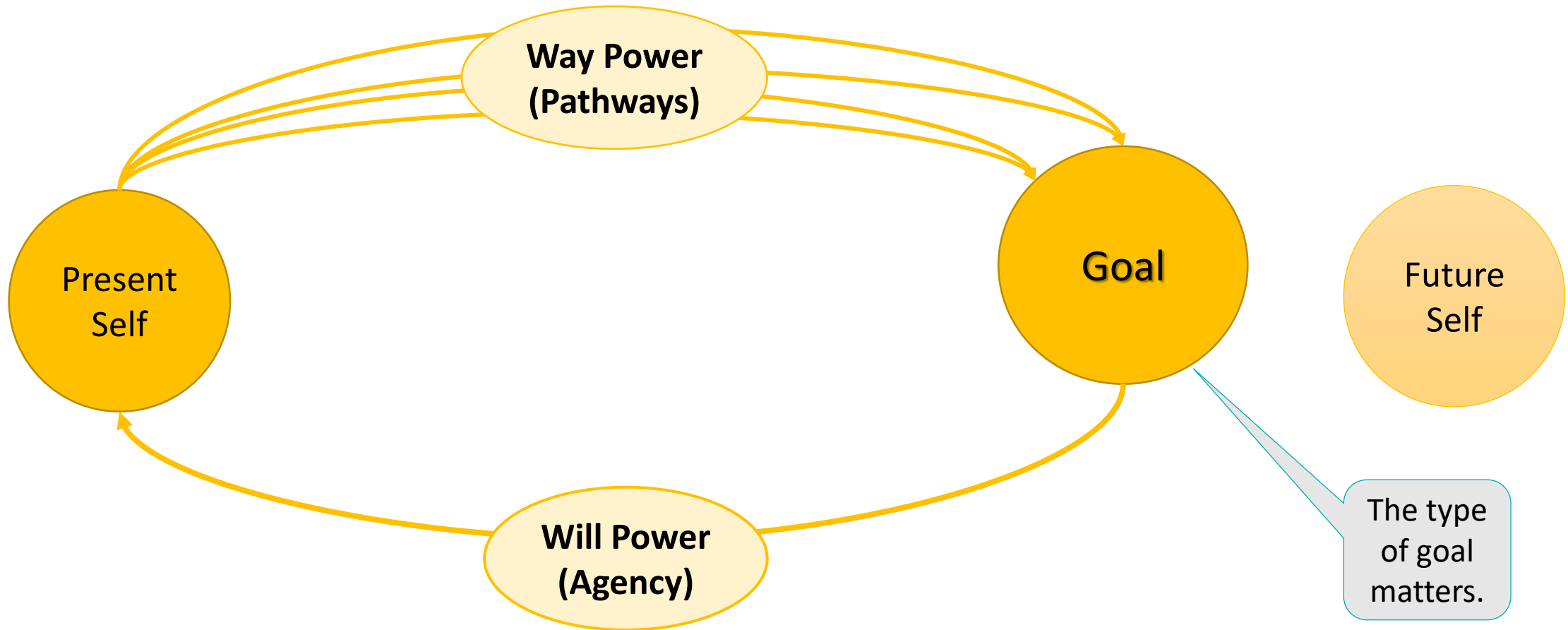
# What does it mean to be high hope?



Source: *Making Hope Happen*, Shane Lopez, Ph.D.

# Hope Theory

Both pathways and agency are required for hope...  
agency without pathways is more likely a wish!



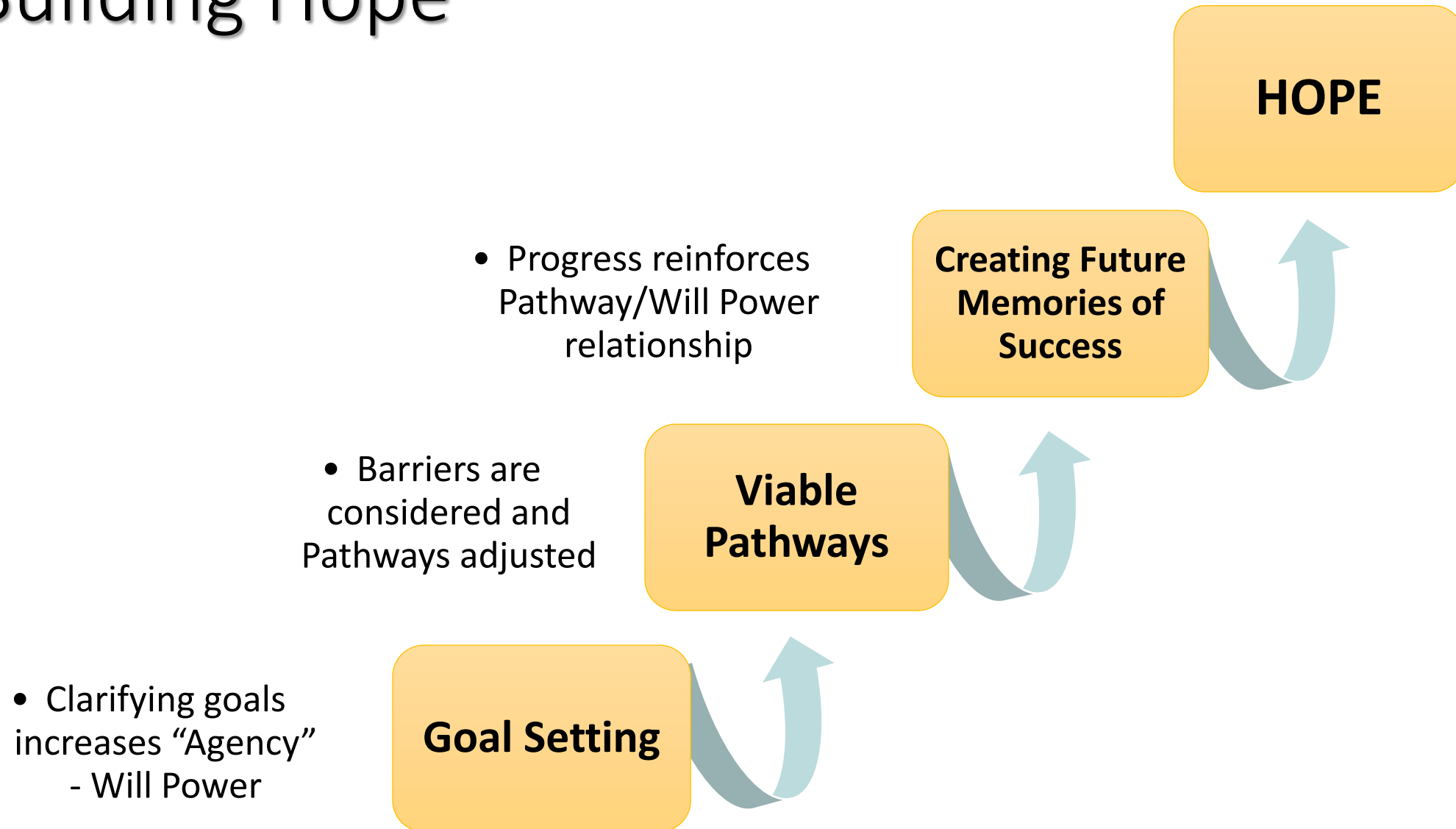
# The Death of Hope

*Resourced from Dr. Chan Hellman, University of Oklahoma*



Repeated failures at goals result in a general expectation that future goal attainment is not likely.  
“Why try?”

# Building Hope



*Resourced from Dr. Chan Hellman, University of Oklahoma*









A close-up photograph of two hands cupped together, holding a bright, glowing light. The light is surrounded by numerous small, sparkling particles that create a magical, ethereal atmosphere. The background is dark and out of focus, emphasizing the hands and the light they hold.

Holding Hope