The Science of Hope

HOPE = Will Power + Way Power

With Hope
Hope improves coping skills, buffers against stress, predicts achievement, enhances positive relationships, and promotes healthy adaptive behaviors and resiliency.

Difficulty in developing pathways, feel discouraged about achieving goals, experiences negative emotions, focused on potential of failure.

Without Hope

The Loss of Hope
Repeated unsuccessful goal pursuits

Hopelessness

Hope is a social gift that we benefit from and share with others.