**Weekly Tip - Hope**

Hope. It’s a simple word and yet can mean so much to anyone going through a difficult time. It can mean the difference between hanging on and giving up. Hope helps us remain committed to our goals and motivated to take action towards achieving. Hope gives people a reason to continue fighting and believing that their current circumstances will improve, despite the unpredictable nature of human existence.

Whether we think about it or not, hope is a part of everyone’s life. Everyone hopes for something. It’s an inherent part of being a human being. Hope helps us define what we want in our futures and is part of the self-narrative about our lives we all have running inside our minds.

Hope can also provide the key to making everyday life better. That’s because just envisioning something hopeful – the child seeing herself riding her new bike, for example – gives a person a moment of happiness,[according to](https://www.psychologytoday.com/us/blog/hide-and-seek/201411/what-hope) Psychology Today.  It can make present difficulties much easier to bear.

Benefits of being hopeful:

1. Hope is significantly correlated with superior academic and athletic performance, greater physical and psychological [**well-being**](https://positivepsychology.com/happiness-wellbeing-coaching-perma/), improved self-esteem, and enhanced interpersonal relationships (Rand & Cheavens, 2012).
2. Hope has the potential to enhance well-being over time. Erez & Isen (2002) found that individuals who are more hopeful and expect to be successful in achieving goals are more likely to experience a state of well-being.
3. Individuals with high hope are more likely to view stressful situations as challenging rather than threatening, thereby reducing the intensity of the stress (Lazarus & Launier, 1978).
4. Hope can be perceived as a protective factor against the development of chronic anxiety.
5. Hope is a motivational factor that helps initiate and sustain action toward long-term goals, including the flexible management of obstacles that get in the way of goal attainment. High-hope individuals can conceptualize their goals clearly; establishing goals based on their own previous performances. In this way, hopeful individuals have greater control over how they will pursue goals and are intrinsically motivated to find multiple pathways to successful goal attainment (Conti, 2000).
6. Hope is positively related to overall life satisfaction (Roesch & Vaughn, 2006).
7. Hope, with its in-built orientation towards the future, motivates individuals to maintain their positive involvement in life regardless of any limitations imposed upon them (Rideout & Montemuro, 1986).

Helping children cultivate hope might be one of the most important things we do for them. It will help give them the creativity and confidence necessary to reach their goals in school and in life.