

Planning Forward to an Inspired Future

Building Hope: Envisioning Our Future



Session Purpose: Empower team to build their path forward through a three-step process based on the key components of Hope Theory.

Session Overview: After experiencing a series of unprecedented events, teams will need to regroup and begin to move forward. Providing the opportunity to explore the future can provide a sense of empowerment for a team. This session is designed to focus on the future based on components of Hope Theory: goal setting, willpower, and waypower.

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Introduction: Envisioned Future

Envision Our Future Questions	Notes
<p>Exercise to explore the future:</p> <p>Take ten deep breaths.</p> <p>For the next five minutes think about what the next year will look like.</p> <p>Share your ideas.</p>	

Component #1: Goal Setting

Exploring Goal Setting Questions	Notes
<p>Goal Setting- seeking and identifying an idea of where we want to go, what we want to accomplish, who we want to be.</p> <p>Where we want to go?</p> <p>What do we want to accomplish?</p> <p>Who do we want to be?</p>	

Component #2: Willpower

Exploring Our Willpower Questions	
<p>Will power is the sense of mental energy that propels you towards a goal. A reservoir of determination. No obstacle detours from achieving your goal.</p> <p>Looking at the themes generated from goal setting exercise, what theme do we have the will power to achieve? Why?</p>	

Component #3: Waypower

Exploring Our Waypower Questions	Notes
<p>Waypower is designing and implementing the path to achieving your goals. Reflection on past success and strategies to overcome obstacles are part of the process.</p> <p>How did we achieve previous goals?</p> <p>Looking at the possible themes generated from goal setting exercise, can you identify several paths to achieving a goal?</p> <p>What are potential obstacles along the way?</p>	

Conclusion

Next Steps Questions	Notes
<p>Reflect on the three-step process, exploring goal setting, willpower and waypower. What are your thoughts?</p> <p>Based on exploring willpower and waypower, which theme should we pursue to develop goals?</p> <p>Next Steps: goal setting, willpower strategies, waypower strategies.</p>	