

REVIEW THE SUGGESTED ACTIONS BELOW THAT CAN HELP YOU CULTIVATE HOPE AND RESILIENCY

KEEP A GRATITUDE JOURNAL

Appreciating the good and the people around you often provides hope that the world is good and that there is light in the darkness. [Logging what you're grateful for](#) is a sure way to keep these good thoughts and hope top-of-mind.

PRACTICE MINDFULNESS SUCH AS MEDITATION OR PRAYER

[Mindfulness](#) practices like prayer or meditation can help you feel more present in each moment which helps foster hope. When you practice mindfulness, focus on positive aspects of your life and recall what you're grateful for.

THINK POSITIVELY AND REPLACE NEGATIVE THOUGHTS WITH POSITIVE ONES

When you embrace healthy thoughts, you foster hope and build resilience. Refer [here](#) to learn how to replace your negative thoughts with positive ones to cultivate hope and snuff out despair.

PARTICIPATE IN SELF-CARE

To cultivate hope and build [psychological resilience](#), exercise regularly, sleep well, eat healthy and avoid too much drinking.

CHOOSE WHICH ONE OF THE ABOVE ACTIONS YOU WILL WORK ON THIS WEEK

Think ahead and make it easy for yourself to be successful. Prepare for and create cues to action like placing your journal on your bedside table or setting a reminder to nudge yourself to meditate at lunch.

USE THE TRACKER ON THE NEXT PAGE TO TRACK YOUR DAILY PROGRESS

Add a check mark, a note, or emoji each day to show you completed the action (wrote in your gratitude journal, practiced meditation, replaced negative thoughts with positive or practiced self-care.) Consider expressing your thoughts and feelings or, note what worked or didn't work.

I commit to this action: _____

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

TIP FOR SUCCESS:

Think of this tracker as a guide that gives you a visual look at your successes and challenges which will help you celebrate accomplishments and plan for roadblocks.