

## **HOPE**

“Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.” Dale Carnegie

Hope is the expectation of future good and hope always exists within you. Even when you feel there is no hope it will unexpectedly spring up from the depths of your spirit and rekindle optimism; thus the saying “hope springs eternal”. Never give up hoping, envisioning, anticipating and believing; fill your mind with eager expectation.

Hope gives you something to look forward to when everything seems impossible and it has the effect of transforming your thoughts from the negative to the positive. Positive thoughts followed by action open up unlimited possibilities and opportunities which are essential to producing positive results.

Pessimism and negativity speak of lack of hope and unfortunately they spread quickly in society. It is important that you remain optimistic and listen only to positive news which will engender hope in the long term.

In a world that is proud of its independence there is a need for a change to interdependence, where we rely on each other for mutual assistance, support and co-operation. To achieve such interaction between individuals and between communities there is a need to be proactive and to embrace a philosophy of hope. Hope is the “anchor of our souls” – it is what makes us human. The anchoring of hope in our soul gives us a hope both sure and steadfast – a hope that is firmly grounded. Without hope, individuals fail and communities suffer. With hope and its strong encouragement, the future is always bright, even when things look black.

To bring positive and long-lasting change, keep hope in your heart and:

- Spread that hope with optimism until it breeds enthusiasm,
- Spread knowledge with the application, it gives confidence
- Both enthusiasm and confidence lead to engagement on a daily basis
- Engagement on a daily basis leads to better results
- Better results again drive hope and optimism and the cycle will continue.

Imagination and day-dreaming are part of the process of envisioning the future, but they cannot be employed when focus and concentration are required. Hope is much the same. We need hope for the future, but what we hope for usually requires action.

When you meet opposition, or obstacles rear their heads, hope sustains and provides a reservoir of strength that reminds you that troubles are finite and the battle can be won. In order to prevail over difficulties and to experience the ultimate power of hope, you must continue to refill your storage.

The power of hope is identified by the following attitudes and behaviours:

- Hopeful people live in the present – in the Now! They know the past cannot be changed, but they also know they have the capacity to influence the quality of today and tomorrow.

- They accept new problems and work to solve them through engagement on a daily basis and persistence.
- They set reasonable, achievable goals.
- They consciously refuse to entertain negative emotions and prefer to focus on their goal and on feelings of love and hope.
- They surround themselves with supportive family and friends.
- They actively search for ways to help others.

If you wish to live with hope in your heart the first five attitudes and behaviours given above are essential. Those who practice them are taking responsibility for their life and ensuring that they give themselves every opportunity to succeed. The sixth principle represents a principle that has been long recognised as vital to a fulfilling life. Try every day to help someone else and build hope into their lives. Everyone has something special they can give so reach out; relieve someone else's loneliness and give hope.

*“There is no medicine like hope, no incentive so great and no tonic so powerful as the expectation of something better tomorrow.”* Orison Swett Marden

Hope allows you to look forward toward your goal in a state of sustained optimism and when teamed with persistence becomes a force that makes it impossible to fail.