



HOPE

Before the Meeting: Preparation

Supplies needed: 1 pen for each person and 1 piece of paper for each person

Step 1: Introductions and Icebreakers

Say:

On the piece of paper, write down the answers to these questions:

- Write down your worst fear for this meeting: If this is the worst experience/meeting you have had, what will have happened (or not happened)?
- Write down your greatest hope for this meeting: If this is the best meeting you've ever attended, what will be the outcome(s) that will have taken place by the end?

Have each person share what they wrote.

Ask:

- What was surprising or interesting with this activity?
- What is the impact of expressing our worst fears or things we feel hopeless about?

Step 2: Discussion

Ask these in order and allow everyone to respond to each question before moving to the next question:

- How would you describe hopelessness?
- What situations have you been in that seemed hopeless? What made these situations hopeless?
- What signs are there if someone is experiencing hopelessness?
- How can you help someone that is hopeless?
- How would you describe hope?
- What situations have you been in where you had hope?
- What signs are there if someone is hopeful?
- What factors or circumstances differentiate if a situation is hopeful or hopeless?

Step 3: Closing (End) the meeting.

- What is the most important thing you heard or learned today about feeling hopeless or hopeful?
- What is one thing you can do tomorrow to be more hopeful or help someone that may feel hopeless?