

When Hope Writes My Story



"Hope is a waking dream."

~ Aristotle



DATE :

M T W T F S S

WHY REFLECT ON HIGH HOPES?

Hope is not blind optimism. In psychology, it is the belief that we can act and that there are paths worth taking. Myth echoes this: when all else was lost in Pandora's jar, hope remained as the seed of possibility. This journaling page is a companion to "High Hopes: The Psychology of Believing Before You See" in The Healer's Diary Medium series, and it invites you to notice what your "high hopes" are teaching you; about your vision, your story, and the courage to be different.

Today Pause with your Hope. Let it Guide you Inwards

Vision

One dream I keep returning to, even when I don't know how, is...

(for example: writing my story, creating a home filled with peace, or learning something I've always put aside).

Micro-Practice: One More Run

Hope is not only vision. It is practice. Today, name one small step that brings you closer to a hope you hold. Write it down, and then take it. It does not need to be perfect or grand. It only needs to be real.

Rewriting

A family message or old script I am ready to reshape is...

(for example: letting go of "don't aim too high" or "people like us can't," or carrying forward a message of encouragement that reminds me I can.)

Reflections to Carry With Me



What one small step have I decided to take **today** that can bring me closer to a hope I hold?

What legacy of encouragement do I carry forward from those who believed in me?

Oddity

One part of me that feels different and deserves to be celebrated, is...

(for example: my sensitivity, my unusual way of thinking, or my creativity that doesn't follow rules)

What part of me feels different today, and how can I celebrate it as strength?
