

Where would you like to find some hope?

within music school purpose internally everywhere
team career activism in my heart friends family my relationship physical connection education of next gen
routine social justice systemic change healing future generation hope in action within myself
in the eyes of children communities work in the news
in nature and outdoors prayers for an end to pandemic personal life
in the news and media social-networks transformative change



What are you learning about setting the right goals for right now?

SMART goals are key

Finding ways to make myself happy during this time.

Meet yourself where you are at

To take things slowly, and quantify the steps we can take to get to that place/accomplishment in a healthy, balanced way

Short-term outcomes

One step at a time

choosing the right goals helps me relieve the stress that builds up

Advocating for myself

some goals are more abstract and some are more concrete!



What are you learning about setting the right goals for right now?

it can be challenging to word them,
resilience is often at the core!

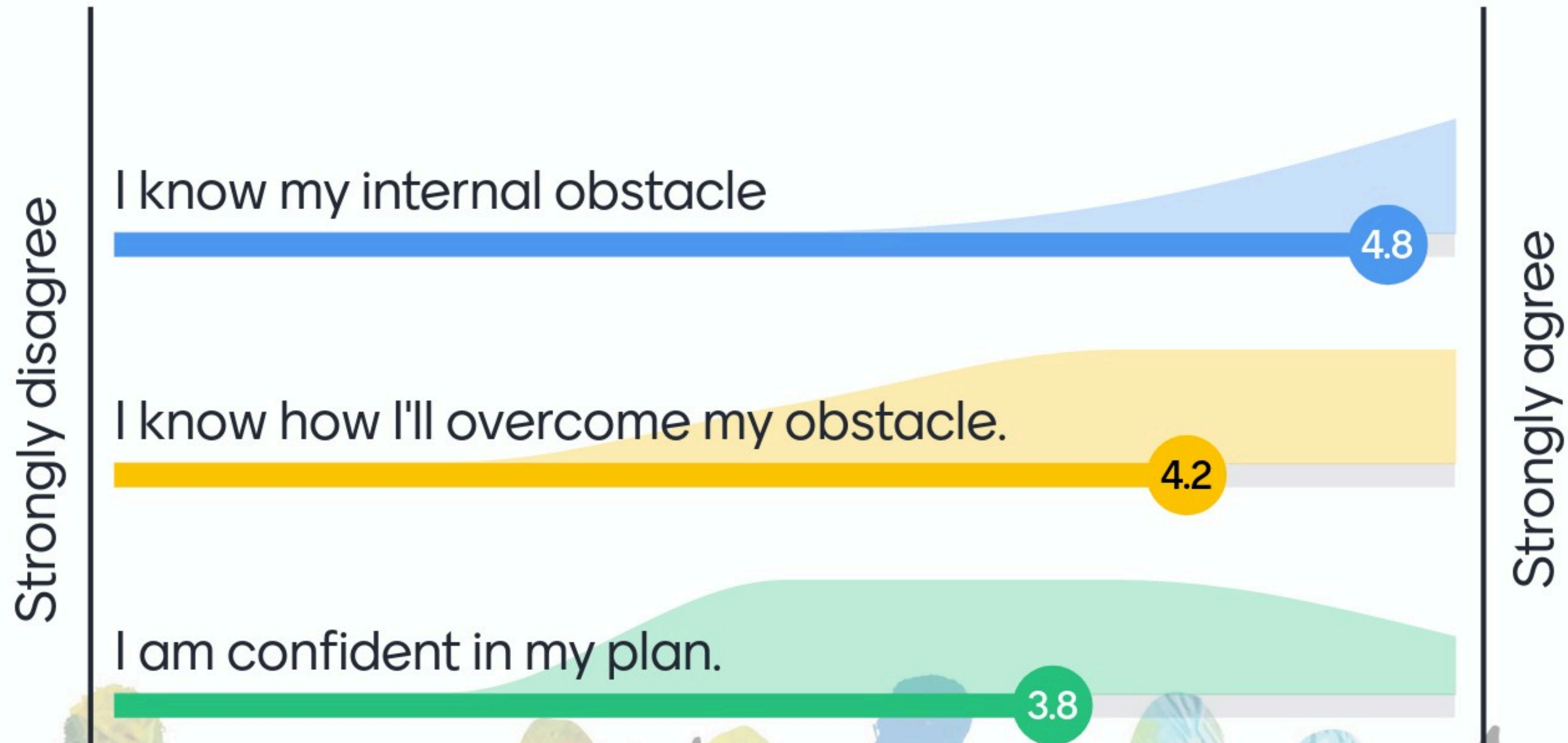
They can occur synonymously on a micro
and macro level

how important it can be to set short term
realistic goals for ourself to enhance our
wellbeing in the moment

Find what is important and take it step by
step



How's your WAYPOWER?



How might you use Hope Theory?

In school

in small moments

When I have resources and no systemic barriers

Home

At work

When I'm feeling overwhelmed

after work

Work life and in those moments were home and work life overlap

At the beginning of each day - breathe and commit to calling a friend that evening

