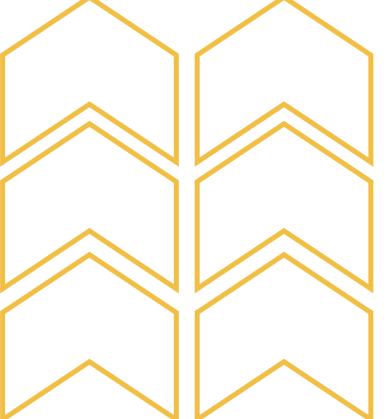# Hope Map

A systems model of **HOPE** consists of **WhyPower:** pursuing a meaningful and valuable goal; **WayPower:** finding pathways to achieve a desired goal; **WillPower:** sustaining motivation and energy; **WePower:** engaging and connecting with others. Use this template to increase hope and wellbeing!

Goal
What do you hope for?

WhyPower
Why is this goal important? How does it align to your values?

WayPower
What steps will you take to reach this goal?

WillPower
What strategies will you use to keep yourself motivated and determined? What strengths can you use?

WePower
What social resources will you tap as you work towards your goal? Who are your cheerleaders?

Tracking Progress
How will you know that you are working towards your goal? If not progressing, consider adapting map.

PESA
pesa.edu.au

References: Lopez, S. (2014). Making hope happen: Creating the future you want for yourself and others. Atria Books. Colla, R. (2022). Be hopeful. In C. van Nieuwerburgh & P. Williams (Eds.). From Surviving to Thriving: A Student's Guide to Feeling and Doing Well at University. Sage Publishing.