

Growing your Hope & Resilience

Hope is the desire and belief that better things will come. Resilience is the ability to bounce back and overcome difficulties. Together, these concepts help us to not only identify and overcome hardship but empower us to dream, influence and tend to aspects of our lives we can control. Using the Hope and Resilience Tree, what does your personal ecosystem look like and how can you nurture your soil to flourish? If you need more room, this printable activity is available in a larger size at onebook.KRL.org.

1. Start by filling in the shadow leaves. What are you currently feeling or experiencing at this time that is frustrating or challenging? Example: anxiety, anger, illness.
2. Move on to the shadow roots. What environments and experiences have contributed to your shadow leaves? Example: racism, childhood trauma, divorce.
3. Transition to the light leaves. What positive feelings do you wish to feel? Example: empowered, courageous, safe.
4. Move on to the light roots. As the gardener of your own tree, what can you do to help grow the positive feelings you've identified? Example: exercise, therapy, volunteering. Action Plan Circle one word from the light leaves that you would like to feel right now.
5. Which word did you circle? Example: healthy.
6. What is keeping you from feeling this right now? Example: skipping meals, not exercising.
7. Close your eyes and visualize the word you circled. What does feeling like this look like? When is the last time you felt like this?
8. From the above list, what feels out of your control to change? Example: gym membership and food costs.
9. Trees grow gradually. What small change could bring you closer to your desired feeling? Example: walking, more fruits and vegetables, talking to a trusted friend.
10. Make a plan! Explain what your changes look like in action and after two weeks, see if you feel closer to that desired feeling you circled in question 5. Example: 30-minute walks, writing in a journal, call a friend weekly.