

Your Hope Habit

Fact: When we set our minds on positive things, we develop a strong mindset, and mental strength to bring light into every space we enter! In the morning, jot down three things you are looking forward to each day!

This simple habit will keep hope at the center of your life!

Your Weekly Hope List

Monday:

- 1.
- 2.
- 3.

Tuesday:

- 1.
- 2.
- 3.

Wednesday:

- 1.
- 2.
- 3.

Thursday:

- 1.
- 2.
- 3.

Friday:

- 1.
- 2.
- 3.

Saturday:

- 1.
- 2.
- 3.

Sunday:

- 1.
- 2.
- 3.

“It’s not those who acknowledge the darkness that change the world.

It’s those who walk directly into it and bring light.”

– Jefferson Bethke

“Summing it all up, friends, I’d say you’ll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.”

– Philippians 4:9 MSG