

Hope



- What makes you feel hopeful about life? Signs of Spring? New opportunities? Spending time with positive people? Engaging with the natural world?
- Despite all the uncertainty and discouragement in the world, is there something that makes you feel hopeful right now? Either in your own life, or in the wider world.
- Is your confidence just about being optimistic and hoping for the best, or is it built on something more secure?
- Do you think hope is something passive, or active? Can we choose to be more hopeful? How?

‘Hope is being able to see that there is light, despite all of the darkness.’ Desmond Tutu

‘May your choices reflect your hopes, not your fears.’

Nelson Mandela