**Redefining Hope Worksheet**

**Created by Jesse Torrey, LAC**  
Hope is a powerful and essential element in our lives. It helps us navigate challenges, meet our goals, and envision a brighter future. ALD may lead us to redefine our challenges, goals, and future -- this may lead to the need to redefine HOPE.

1. What Does Hope Mean to You?

2. Think about a time in your life when you felt hopeful. What was the situation, and what made you feel hopeful?

3. Identify and list some factors connected to ALD that make it difficult for you to feel hopeful.

4. How do you usually cope when you feel hopeless? Are these methods effective?

5. Redefining Hope - How can you redefine hope in a way that is realistic and empowering for your current life situation?

6. Small Steps Toward Hope - List three small, actionable steps you can take to cultivate hope in your daily life.