



HOPE is
teachable.



Hopeful Minds
an iFred.org Project



Journal Questions

Students may use a spiral notebook to write down their journal responses to the following questions.

- ☀ Lesson Four: How to Create a Hopeful Mind
- ☀ What are three things you are grateful for?
- ☀ What are three positive things that have happened in your day?
- ☀ Lesson Five: Hopeful Purpose
- ☀ Different paths I could take in my life based on what I love to do are:
- ☀ What it might be like to live out my passions:
- ☀ The way I might feel pursuing my purpose and passion is:
- ☀ Where I might live if I pursue my purpose and passion is:
- ☀ I would be surrounded by:

