

Worksheet 4.21 Hope Profiling (Lopez et al., 2004) Instructions

Hope narratives

In order to help you identify that you have the resources needed for making changes you desire in your life, you are being asked to write five short stories about your past or current goal pursuits. As you write your stories, please consider including information about how you developed your goals, the path or paths you followed in working toward your goals, what, if any, barriers you encountered on the way to your goals, and where your motivation to work on your goals came from. Feel free to write about goal pursuits in your various life domains (for example, work-related goal pursuits, family-related goal pursuits, recreational goal pursuits, and so on.) You can copy and then write your stories on the page below or type them up on separate pages and bring them with you to our next therapy session.

Goal pursuit story number ____: