

**Worksheet 4.24 Hope Letter Instructions**

In order to help you stay on track and motivated to work toward your goals upon the completion of Hope Therapy, you are being asked to write yourself a hope letter. In this letter, you should indicate what the goals are that you plan to continue working on even when you are no longer meeting regularly with your hope therapist. You will then make three copies of this letter and place them into three separate envelopes. Address each envelope to yourself and bring them with you to your last therapy session. Your therapist will then mail you one of these hope letters at 3, 6, and 9 months from the date of your last therapy session. When you receive your letters, you will be able to check in with yourself on your goal pursuits. If you find that you have been doing well, you should congratulate yourself and use this as motivation to continue moving forward. If, however, you find that you have lost motivation for your goal pursuits or are struggling to find ways to reach your goals, you might decide to change your goal pursuits and/or seek extra assistance from your therapist at that time.