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Mental Health & Wellbeing

Building Hope Workbook

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Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general mental health and wellbeing information.

The exercises in this workbook are designed for self-reflection and personal development. They are not a substitute for professional medical, psychological or therapeutic advice.

If you are experiencing significant mental health difficulties, please seek support from your GP or another qualified healthcare professional.

If you or someone else is at immediate risk of harm, contact your local emergency services immediately.

By using this workbook, you acknowledge that you are responsible for your own wellbeing and decisions.

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PAGE 1 – What Is Hope?

Hope is believing that, even during difficult times, things can change and tomorrow can bring new opportunities.

Hope doesn't mean pretending life is easy.

It means believing that challenges can be faced, support can be found and positive change is possible.

Every small step forward helps hope grow stronger.

♥ Today I feel...

☐ Hopeful

☐ Calm

☐ Unsure

☐ Worried

☐ Overwhelmed

☐ Anxious

☐ Sad

☐ Frustrated

☐ Lonely

☐ Tired

☐ Other:

♥ What gives me hope?

♥ One thing I hope for in the future

♥ Remember

Hope doesn't require certainty.

It simply asks you to believe that change is possible and that every small step you take today can help create a brighter tomorrow.

Hope grows one small step at a time.

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PAGE 2 – Finding Hope in Difficult Times

Life can sometimes feel uncertain, and hope may seem difficult to find.

Hope doesn't mean ignoring pain or pretending everything is okay.

It means believing that difficult times can change and that support, healing and new opportunities are possible.

Remember, even the smallest light can help guide us through darkness.

♥ During difficult times, what helps me keep going?

- ☐ My family
- ☐ Friends
- ☐ My faith or beliefs
- ☐ Nature
- ☐ My pets
- ☐ Helping others
- ☐ Music
- ☐ Exercise
- ☐ Future goals
- ☐ Other:

♥ A difficult time I have already overcome

♥ What helped me through it?

♥ What does this tell me about my strength?

♥ Remember

You've already overcome challenges that once seemed impossible.

That means you have strength, even if you can't always see it.

Every challenge you've survived is proof that you can continue moving forward.

Hope grows when we remember how far we've already come.

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PAGE 3 – Looking Towards the Future

Hope grows when we give ourselves something to look forward to.

Your future doesn't have to be planned perfectly. Even one small goal or positive expectation can help you move forward.

Remember, every journey begins with a single step.

♥ Things I hope to achieve

- ☐ Improve my wellbeing.
- ☐ Feel more confident.
- ☐ Build healthier habits.
- ☐ Strengthen my relationships.
- ☐ Learn something new.
- ☐ Find a new opportunity.
- ☐ Feel happier.
- ☐ Help others.
- ☐ Other:

♥ One thing I'm looking forward to

♥ One small step I can take this week

♥ How will taking this step help me?

♥ Remember

The future isn't written yet.

Every positive choice you make today helps shape tomorrow.

Even if progress feels slow, every small step is moving you closer to where you want to be.

Hope grows when we keep looking forward, one day and one step at a time.

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PAGE 4 – Recognising the Good

When life is difficult, our minds naturally focus on problems.

Taking time to notice the good moments—no matter how small—can help strengthen hope and remind us that difficult times do not last forever.

Hope grows when we learn to recognise the positive things that still exist in our lives.

♥ Three good things that happened today

1.

2.

3.

♥ Something that made me smile

♥ Someone who has made a positive difference in my life

How have they helped me?

♥ One reason I still have hope

♥ Remember

Hope doesn't always come from big moments.

Sometimes it grows through small acts of kindness, quiet victories and everyday moments that remind us life can get better.

Even on difficult days, there is always something worth holding on to.

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PAGE 5 – Believing in Yourself

Hope becomes stronger when we begin to believe in our own ability to cope with life's challenges.

You don't need to have all the answers today.

Believing in yourself means trusting that you can keep learning, growing and taking one step forward at a time.

♥ I have already shown strength by...

♥ Things I have overcome

☐ Difficult times

☐ Personal challenges

☐ Loss

☐ Health problems

☐ Stress

☐ Anxiety

☐ Changes in life

☐ Other:

♥ Three strengths I have

1.

2.

3.

♥ One thing I want to believe about myself

♥ Remember

You have already survived every difficult day that has brought you to this moment.

That doesn't mean life has been easy—it means you have shown strength, courage and resilience.

Believe in your ability to keep moving forward, even when the path ahead isn't completely clear.

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PAGE 6 – Finding Hope Every Day

Hope grows through the small things we do each day.

Even when life feels difficult, taking one positive action can remind you that change is possible.

You don't need to make huge changes—small steps can lead to meaningful progress over time.

 Today I will...

- ☐ Spend time outdoors.
- ☐ Speak kindly to myself.
- ☐ Reach out to someone I trust.
- ☐ Go for a walk.
- ☐ Practice gratitude.
- ☐ Do something that makes me smile.
- ☐ Learn something new.
- ☐ Take time to rest.

☐ Help someone else.

☐ Other:

♥ One positive thing I will do today

♥ How do I think this will help me?

♥ At the end of today, I will remind myself...

Remember

Hope isn't only found in big achievements.

It can be found in a kind conversation, a quiet walk, a deep breath or one positive decision.

Every small action is a reminder that tomorrow is another opportunity to grow.

Hope grows every time you choose to keep going.

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PAGE 7 – Holding Onto Hope

There may be times when hope feels distant.

During those moments, it can help to remember that feelings change, circumstances change and support is available.

You don't have to feel hopeful every day to keep moving forward.

Sometimes hope begins with simply taking the next small step.

 When I feel like giving up, I can...

- ☐ Take one slow breath.
- ☐ Remind myself that this feeling will pass.
- ☐ Talk to someone I trust.
- ☐ Read an encouraging message.

☐ Go for a short walk.

☐ Focus on today instead of tomorrow.

☐ Be kind to myself.

☐ Ask for help.

☐ Other:

 What reminds me that life can get better?

 A message of hope to my future self

♥ One reason I will keep going

♥ Remember

You don't have to see the whole journey to take the next step.

Hope often begins quietly—with one decision, one conversation or one small act of courage.

As long as you keep moving forward, hope is still with you.

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PAGE 8 – My Hope Plan

Hope becomes stronger when we make it part of our everyday lives.

Having a personal hope plan can remind you of your strengths, the people who support you and the positive steps you can take when life feels difficult.

Remember, hope doesn't mean having all the answers—it means believing that tomorrow can be different.

♥ Things That Give Me Hope

- ☐ My family.
- ☐ Friends.
- ☐ Nature.
- ☐ My pets.
- ☐ Helping others.
- ☐ My goals.
- ☐ My faith or beliefs.
- ☐ Learning new things.
- ☐ Acts of kindness.
- ☐ Other:

My Daily Hope Habits

1.

2.

3.

People Who Help Me Keep Hope Alive

1.

2.

3.

My Personal Reminder

When life feels heavy, I want to remember...

Remember

Hope isn't about waiting for life to become perfect.

It's about believing that every new day brings another opportunity to heal, grow and move forward.

Keep taking small steps—hope grows with every one of them.

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PAGE 9 – My Hope Action Plan

Throughout this workbook, you've explored what hope means to you, recognised your strengths and identified the people and habits that help you move forward.

Now it's time to create your own personal hope plan.

Remember, hope isn't about never facing difficult days—it's about believing that brighter days are still possible.

 My Hopes for the Future

Hope 1.

Hope 2.

Hope 3.

 Things I Will Do to Keep Hope Alive

☐ Take one day at a time.

☐ Celebrate small achievements.

- ☐ Spend time with supportive people.
- ☐ Look after my wellbeing.
- ☐ Speak kindly to myself.
- ☐ Remember how far I've come.
- ☐ Ask for support when I need it.
- ☐ Keep believing that things can improve.
- ☐ Other:

My Support Network

1.

2.

3.

My Personal Reminder

When hope feels difficult to find, I want to remember...

♥ Remember

Hope isn't something you either have or don't have.

It can be strengthened through kindness, support, perseverance and believing that every new day brings another opportunity.

Even the smallest spark of hope can light the way forward.

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PAGE 10 – My Hope Action Plan

Congratulations on completing this workbook.

Hope isn't about pretending life is easy. It's about believing that, even in difficult times, positive change is possible.

Every small step you take, every act of kindness you show yourself and every moment you choose to keep going helps build hope for the future.

Use this page to create your personal plan for keeping hope alive.

♥ Three Things I Will Focus On

1.

2.

3.

 Every Day I Will...

- ☐ Take one small positive step.
- ☐ Speak kindly to myself.
- ☐ Remember my strengths.
- ☐ Reach out for support when I need it.
- ☐ Spend time doing something that brings me peace.
- ☐ Celebrate small victories.
- ☐ Believe that tomorrow is a new opportunity.
- ☐ Keep moving forward, one day at a time.

 My Personal Reminder

When life feels difficult, I want to remember...

My Hope Promise

"I choose to believe that my future is still being written. I will continue taking small steps, believing in my strength and accepting support when I need it. Even on difficult days, I will hold on to hope and remember that brighter days are possible."

Signature: _____

Date: ____ / ____ / ____

Final Thoughts

Hope is one of the greatest strengths we can carry.

It reminds us that difficult moments do not last forever, that healing is possible and that every new day brings another chance to begin again.

Be patient with yourself, recognise your progress and remember that even the smallest spark of hope can light the path ahead.

Thank you for using this workbook.

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 Supporting your mental health and wellbeing, one hopeful step at a time.