



# Hope



CHANGES EVERYTHING

**#Hope often gets a bad rap.**

*“For some, it conjures up images of a blissfully naïve chump pushing up against a wall with a big smile. That’s a shame. Cutting-edge science shows that hope, at least as defined by psychologists, matters a lot.*

*Why is hope important? Well, life can be difficult. There are many obstacles. Having goals is not enough. One has to keep getting closer to those goals, amidst all the inevitable twists and turns of life. Hope allows people to approach problems with a mindset and strategy-set suitable to success, thereby increasing the chances they will actually accomplish their goals. Hope is not just a feel-good emotion, but a dynamic cognitive motivational system. Under this conceptualization of hope, emotions follow cognitions, not the other way round. Hope-related cognitions are important. Hope leads to learning goals, which are conducive to growth and improvement. People with learning goals are actively engaged in their learning, constantly planning strategies to meet their goals, and monitoring their progress to stay on track. A bulk of research shows that learning goals are positively related to success across a wide swatch of human life—from academic achievement to sports to arts to science to business.*

*Those lacking hope, on the other hand, tend to adopt mastery goals. People with mastery goals choose easy tasks that don’t offer a challenge or opportunity for growth. When they fail, they quit. People with mastery goals act helpless, and feel a lack of control over their environment.*

*They don’t believe in their capacity to obtain the kind of future they want. They have no hope.”*

**HopingVeterans.com is working to change that! ~ Terry Kohler, Utah  
#HopingVeterans & #HopingPeople**

*Hope:  
Believing  
things can  
change.*



**HEARD IT SAID:**

*“It’s the possibility of having a dream come true that makes life interesting”*

**#HOPINGVETERANS**



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