

How to Make a Hope Map

For people who appreciate a more straightforward approach to teaching a new skill, the Hope Map was developed as an interactive exercise that is the hope equivalent to the decision-maker's pro-con list. It can be introduced when a person shares with you that they are excited about a particular goal. Say, for example, a family member shares that they would like to land a new job. In casual yet focused conversation, you help them describe that goal in more detail: "I want a part-time job. And I would like it to be walking distance from my house." Adapt this example as necessary. With an exciting and clear goal set, they are ready to create a Hope Map.

6 Steps to a Hope Map:

1. Lay out a piece of paper. The Hope Map depicts pathways and barriers. On the right of the Hope Map is where you will write in the goal you are trying to reach.
2. On the left of the Hope Map is where you will write in potential barriers. Identify at least one barrier that might block you from reaching your goal.
3. In the middle of the Hope Map, draw three arrows for each barrier you listed in step 2 to represent pathways toward the goal. On the arrows, write down three potential pathways around the barrier. Please share the best ideas you have.
4. Going from left to right on the page, review each barrier and associated pathways towards the goal. Repeat steps 2 and 3, writing in new pathways and identifying new barriers that might block your progress.
5. Anywhere on the page, jot down ideas for maintaining your agency while you move toward the goal along the selected pathways. Keep in mind the situations that sap your energy and be sure to come up with ideas for countering those challenges.
6. Now that the Hope Map is almost complete, review it several times. Then, imagine what it would look like to pursue and reach your goal. Once you have a vivid image of reaching the goal in your mind, mentally rehearse all the steps you need to take to get there in real life.

My Hope Map

BARRIER #1	PATHWAYS	GOAL/SPARK	
	P1 →		
	P2 →		
	P3 →		
<hr/>			
BARRIER #2	PATHWAYS		
	P1 →		
	P2 →		
	P3 →		
<hr/>			
BARRIER #2	PATHWAYS		
	P1 →		
	P2 →		
	P3 →		