

How to create a Hope Map

What is a Hope Map?

A Hope Map is designed to help you visualise your dreams and help you understand how to overcome barriers to realise these dreams.

This step-by-step guide will allow you to create your own hope map.

You will need:

- A piece of paper (ideally A3, but you can also use A4).
- A pen or something to write with.

Steps:

1. Turn your piece of paper landscape.
2. On the far right side of the page, write a goal that you have for the future in large writing about half way down the page.
3. On the far left side of the page, write 1, 2 or 3 barriers that might stop you from achieving this goal. Spread these barriers out across the whole length of the page.
4. Draw an arrow between each barrier and your goal.
5. Above each arrow write at least one way you could overcome this barrier.
6. On the back of your hope map, write down ten steps of how you could achieve your goal. It is often easier to work backwards.

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