

# Hope Questing Reflection Guide

Instructions: Complete daily, weekly, or when the world feels heavy. Let it be imperfect and real.

## Today's Emotional Weather:

How am I feeling right now (physically + emotionally)?

Example: tight chest, tired, heart-heavy, numb, activated, uncertain, present

## Something That Gave Me Hope Recently:

What reminded me of connection, care, or courage?

Example: A neighbor helping another, a peaceful protest, mutual aid post

## What Am I Choosing to Notice Today?

Shift your lens. Look for:

- Someone showing up for someone else
- A creative solution in your community
- A small act of defiance or courage
- Something that made you feel soft or safe

## Grounding Practices I Can Try Today:

- Take a slow walk and notice beauty
- Limit news intake to one source
- Watch or read a story about community care
- Call or text someone
- Set a 10-minute timer and just breathe
- Write a note of protest, gratitude, or care

## Words I Want to Carry With Me:

Examples: "Still, we rise." "This matters." "I can hold hard things and stay soft."

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