The Recipe for Hope

"Hope is a positive motivational state that is based on an interactively derived sense of successful goal-directed energy (agency) and plans to meet those goals (pathways)."

The recipe for hope, according to Rick Snyder, is Pathways thinking + Agency thinking. Meaning, in order to have hope you need to be able to discern every possible path towards a goal, and you need to believe that you can travel those paths to reach that goal. Sometimes hope is all we have, especially in times of uncertainty. "Hope serves to drive the emotions and wellbeing of people."

Having a goal is essential for fostering Hope.

Pathways Thinking signifies a person's perceived capabilities at generating workable routes to their desired goal. The ability to create one or more usable paths to achieve their goal.

Agency Thinking is a person's perceived capacity to use those pathways to reach their desired goal. Which gives them the motivation to both start and continue down the path to their goal.

Measure your level of Hope:

Directions: Read each item carefully. Using the scale shown below, please select the number that best describes how you think about yourself right now and write down that number on a piece of note paper. Please take a few moments to focus on yourself and what is going on in your life at this moment. Once you have this "here and now" set, go ahead and answer each item according to the following scale:

1	2	3	4	5	6	7	8
Definitely False	Mostly False	Somewhat False	Slightly False	Slightly True	Somewhat True	Mostly True	Definitely True

1. If I should find myself in a jam, I could think of many ways to get out of it.
2. At the present time, I am energetically pursuing my goals.
3. There are lots of ways around any problem that I am facing now.
4. Right now, I see myself as being pretty successful.
5. I can think of many ways to reach my current goals.
6. At this time, I am meeting the goals that I have set for myself.

When you are finished scoring each statement, add all of your answers together and use the scoring chart below.

6-17
Low levels of Hope (Work on setting goals and fostering a positive mindset)

18-35
Medium levels of Hope (Examine the challenges that are holding you back from feeling more hopeful)

36-48
High levels of Hope (Excellent!! Keep up the great work)

Read more about Hope Theory here:

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