uprisehealth



Building Hope

A GUIDED JOURNAL

When life feels uncertain, where do you find hope?

This guided journal offers simple prompts to help you reflect on your emotions, recognize your strengths, set small goals, and identify meaningful next steps.

Use it as a quiet space to check in with yourself and remember that hope can be rebuilt one step at a time.

© Uprise Health

uprisehealth

Today's Date:

How I'm Feeling Right Now

(circle and describe your current mood)

Hopeful | **Okay** | **Uncertain** | **Discouraged** | **Overwhelmed**

What emotions are most present for me today?

Acknowledge the Reality

What challenge or stressor am I facing right now?

What feels hardest about this situation?

Remember the Evidence of Hope

I recall a challenge I have successfully navigated in the past:

What strengths helped me through it?

- ☐ Courage
- ☐ Persistence
- ☐ Problem-solving
- ☐ Patience
- ☐ Adaptability
- ☐ Resilience
- ☐ Self-awareness
- ☐ Creativity
- ☐ Compassion
- ☐ Seeking support
- ☐ Taking things one step at a time
- ☐ Other:

What does this experience teach me about my ability to handle current challenges?

© Uprise Health

My Hope Goals

What positive outcome am I working toward right now?

Why is this goal important to me?

Strengthening Agency

What can I control today?

What personal strength can I rely on right now?

Complete the sentence:

"I can take the next step because..."



© Uprise Health

Pathways Thinking

Pathways thinking is the ability to look for more than one way forward. When one path feels blocked or uncertain, it helps you pause, consider your options, and identify another step you can take toward your goal. Use this section to explore different strategies, prepare for possible obstacles, and remind yourself that there may be more than one way to move through a challenge.

Path A

My first strategy:



Path B

If that doesn't work, I can:

Path C

Another possible approach:

What obstacle might arise?

How could I respond if that happens?

© Uprise Health

uprisehealth

Small Wins for Today

Today's small goal: _____

Why is this achievable today?

_____

_____

_____

At the end of the day:

☐ Completed ☐ Partially completed ☐ Needs another attempt

What did I learn from this effort?

_____

_____

_____

Support and Connection

Who can support me right now?

_____

_____

How can I reach out?

_____

_____

One conversation or connection I can make this week:

_____

_____



Reflection and Gratitude

What is one thing that went well today, no matter how small?

_____

_____

_____

What am I grateful for?

_____

_____

_____

What gives me reason to believe tomorrow can be better?

_____

_____

_____

© Uprise Health

Weekly Hope Check-In

Rate your level of hope this week *(with 10 as the most hopeful)*:

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

What increased my sense of hope?

What challenged my sense of hope?

One thing I want to remember moving forward:



If the challenges you're facing feel too overwhelming to manage on your own, professional support is available. We're here to help you find the right support, resources, and next steps when you need them.

We're Here to Help.

Call: **800.395.1616**

Visit: **members.uprisehealth.com**

© Uprise Health