

# Hope Weather

## BORROWED HOPE

WHAT HELPS • WHAT HURTS Notice the support that helps and the well-intended responses that shut you down.

### NOTICE

*What stands out from this activity?*

### KEEP IT REAL

*What is actually true for me?*

### CHOOSE

*What feels useful rather than performative?*

### ANCHOR

*What do I want to remember?*

### CARRY FORWARD

*What is one small next move?*

# What Helps What Hurts

## BORROWED HOPE

BORROWED HOPE MAP Map PEOPLE • PLACES • PRACTICES • TRUTHS/WORDS • TOOLS/RESOURCES. Build more than one source.

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# Borrowed Hope Map

## BORROWED HOPE

ASK FOR HOPE I am dealing with \_\_\_\_\_. What would help most is \_\_\_\_\_. Could you \_\_\_\_\_? You do not need to fix \_\_\_\_\_.

### WHO

*Who has been evidence of steadiness or hope?*

### WHAT

*What has helped before?*

### WHEN

*When have I returned before?*

### WHERE

*Where has hope or steadiness shown up?*

### AVAILABLE NOW

*Circle or name two sources available to me now.*

# Four Kinds of Support

## BORROWED HOPE

BORROWED HOPE BOUNDARIES I can ask; they can say no. I can accept help without surrendering agency. I can care without fixing.

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# Ask for Hope Builder

## BORROWED HOPE

7-DAY BORROWED HOPE PRACTICE Choose one act of RECEIVING and one act of PASSING IT ON. Small and specific.

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# Borrowed Hope Boundaries

## BORROWED HOPE

LAST SIP WELCOME HOME Tea Leaf • Drop of Hope • Anchor • Lighthouse Next Step

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# 7 Day Borrowed Hope Practice

## BORROWED HOPE

LAST SIP WELCOME HOME Tea Leaf • Drop of Hope • Anchor • Lighthouse Next Step

### WHAT I AM PRACTICING

*Name the signal, action, cue, or return you want to test.*

### MY MINIMUM VERSION

*What counts on a low-capacity day?*

### MY CUE

*When will I remember to use it?*

### 7-DAY TRACKER

DAY 1 \_\_\_\_ DAY 2 \_\_\_\_ DAY 3 \_\_\_\_ DAY 4 \_\_\_\_ DAY 5 \_\_\_\_ DAY 6 \_\_\_\_ DAY 7 \_\_\_\_

### WHAT I LEARNED

*Keep • Change • Drop*

# Carry Home Cup

## BORROWED HOPE

LAST SIP WELCOME HOME Tea Leaf • Drop of Hope • Anchor • Lighthouse Next Step

### TEA LEAF

*What did I notice or learn?*

### DROP OF HOPE

*What feels possible, useful, or worth carrying?*

### ANCHOR

*What do I want to remember when real life gets loud?*

### LIGHTHOUSE NEXT STEP

*What is one small next action?*