

# What is hope?

Hope is about *feelings* and *actions*. It's about *feeling positive* and *believing that we can achieve our dreams and aspirations* for the future.

Plus, when we feel like giving up, **hope reminds us to keep going** and 'try one more time'.

*Positive feelings*

It's going to be hard work, and I might need to be a bit lucky too... But that's ok. I've got this!

Our dreams for the future

e.g. I want to work with animals

Actions or steps we need to take to achieve our dreams

e.g. Volunteer at an animal charity, study animal care at college

