

30 DAY GLOBAL HOPE CHALLENGE

WORKBOOK

30 Days. 30 Lessons. 30 Actions.



WELCOME TO THE 30 DAY GLOBAL HOPE CHALLENGE

30 Days. 30 Lessons. 30 Actions.

Thank you for participating in the 30 Day Global Hope Challenge and taking the first step on your hope journey. Hope is a teachable, measurable, learnable skill that you must practice every day. I am so glad you are making this a priority in your life.

This course cannot give you hope. However, it can teach you the “how-to” of hope, and help you incorporate critical hope skills into your daily routine. Every day, for the next 30 days, this course will provide you with one lesson, one video, and one action, all designed to help you create, maintain, and grow hope.

As you go through the lesson each day, you can use the corresponding pages in this workbook to reflect on your hope journey and continue to reinforce the skills you learn. Remember- your hope journey is up to you. The more you use the workbook pages, lessons, videos, and resources provided, the stronger your hopeful mindset will become.

As you prepare for your challenge, consider spending time reflecting on how hope will improve your life. What are the outcomes you want to see? How do you want to feel and interact on a daily basis? Why are you taking the challenge?

Welcome to the 30 Day Global Hope Challenge community.

DAY 1: INITIAL HOPE ASSESSMENT

Date: _____

DAILY ACTIVITY:

Take the Snyder Hope Scale Assessment at www.ifred.org/hope-scales/

HOPE SCORE: _____

EVENING REFLECTION:

How hopeful I felt today:

1 2 3 4 5 6 7 8 9 10

HOPELESS

HOPEFUL

Things that positively or negatively impacted my hope levels today:

I, _____, am excited to do the 30 Day Global Hope Challenge. I will take time each morning to watch the daily video, and will set aside time each night to focus on myself and to reflect on the day. I know that this journey will require time, diligence, and patience, but I am committed to, and excited about, creating, maintaining, and growing hope.

Signature: _____

DAY 2: LET'S DEFINE HOPE

Date: _____

DAILY ACTIVITY:

Observe what you feel hopeful for throughout the day.

EVENING REFLECTION:

How hopeful I felt today:

1 2 3 4 5 6 7 8 9 10

HOPELESS HOPEFUL

Things that positively or negatively impacted my hope levels today:

DEFINITION OF HOPE:

Identify three things you hope for (not three things you wish for):

In my personal life, I hope for:

In my work/school life, I hope for:

For my health and wellness, I hope for:

DAY 3: THE IMPORTANCE OF HOPE

Date: _____

DAILY ACTIVITY:

Review the extensive research on the positive outcomes of increasing hope at <https://hopefulminds.org/hope-research>. Start to think about hope can help to improve your health, work or school life, and personal life.

EVENING REFLECTION:

How hopeful I felt today:

1 2 3 4 5 6 7 8 9 10

HOPELESS HOPEFUL

Things that positively or negatively impacted my hope levels today:

Today we learned how hope can impact our physical and mental health.

Choose one of the things you said you were hopeful for on Day 2. Think about a time that you felt stress, worry, or hopelessness. Starting to think about hope can help to improve your health, work or school life, and personal life.

DAY 5: BRAIN, BIOLOGY, BEHAVIOR, AND HOPE

Date: _____

DAILY ACTIVITY:

Throughout the day, notice how your interactions make you feel in your body. Pay attention to sensations. Do you stop breathing during difficult conversations? Do you yell in traffic? How does your body feel during this process? How do you then react? See if you can begin to see the connection between your brain, biology, and behavior.

EVENING REFLECTION:

How hopeful I felt today:



Things that positively or negatively impacted my hope levels today:

DAY 5 con't.

On the chart below, choose three situations that occurred today and record what you noticed in your brain, biology, and behavior. It's okay if you can't answer all three; it can sometimes be hard to pick up on subtle changes. However, the better you get at listening to your brain, body, and behavior, the easier it will be to manage them in healthy ways.

	SITUATION	BRAIN	BIOLOGY	BEHAVIOR
1				
2				
3				

DAY 7: THE UPSTAIRS BRAIN

Date: _____

DAILY ACTIVITY:

Identify when you are in your upstairs brain. What caused you to be in your upstairs brain? How do you act in the moment? How does your body feel?

EVENING REFLECTION:

How hopeful I felt today:

1 2 3 4 5 6 7 8 9 10

HOPELESS

HOPEFUL

Things that positively or negatively impacted my hope levels today:

List three times you found yourself in your upstairs brain today.

How did your body feel when you were in your upstairs brain?

1 _____

2 _____

3 _____

DAY 8 con't.

What is heart rate variability (HRV):

Write down three times you noticed yourself experiencing a 90-second stress response. Document any sensations in the body; throat, belly, legs, arms, head, etc. Notice how stress impacts your biology.

1

2

3

Did you react while in the stress response? Why or why not?

DAY 10 con't.

Which Stress Skills did you use today? Did they help you get back into your upstairs brain? Why or why not?

Which Stress Skills do you think will work for you? Which ones will you focus on when you need to get out of your downstairs brain?

Think about who/what is triggering you the most. What impact is it having on your life, work, or health? Are there Stress Skills you can use to mitigate this stressor?

STOP. *BREATHE.* RELAX.

Stress Skills

- 90 Second Pause
- Deep breathing exercises (like the one taught in this lesson)
- Meditation
- Sleep
- Listening to calming music
- Spending time in nature
- Focusing on our 5 senses
- Visualization
- Drawing
- Writing in a journal
- Putting on a play
- Playing sports
- Talking to a trusted friend or adult
- Helping someone else
- Watching a funny video
- Any other actions that help you calm down

My Other Stress Skills:

-
-
-
-
-

DAY 11: MINDFULNESS

Date: _____

DAILY ACTIVITY:

Practice mindful meditation. Find a period of time that you can dedicate to silence. It can be 5 minutes or 30 minutes, but the more the better. As you meditate, really try to calm your thoughts. As thoughts appear in your mind, acknowledge them, and then release them.

EVENING REFLECTION:

How hopeful I felt today:

1 2 3 4 5 6 7 8 9 10

HOPELESS

HOPEFUL

Things that positively or negatively impacted my hope levels today:

Did you try to spend more time focused on the present moment today?

How did your mindful meditation go? Was it easy to quiet your thoughts? Were there any specific thoughts that you had a hard time releasing?

DAY 12: THE IMPORTANCE OF FEELINGS

Date: _____

DAILY ACTIVITY:

Identify feelings as they occur throughout the day. Use the chart in the workbook to tally the times when you feel each of the emotions during the day. Pay attention to your physical and psychological responses as you feel each emotion.

EVENING REFLECTION:

How hopeful I felt today:



Things that positively or negatively impacted my hope levels today:

DAY 12 con't.

FEELINGS I EXPERIENCED TODAY

FEELING	NUMBER OF TIMES I FELT THIS EMOTION
SADNESS	
HAPPINESS	
ANGER	
WORRY	
DESPAIR	
FEAR	
OTHER:	
OTHER:	

Which emotion did you feel most frequently throughout the day? Why?

Feelings Chart

						
Alert	Anxious	Angry	Afraid	Ashamed	Bashful	Bored
						
Blissful	Calm	Cautious	Confused	Cold	Curious	Disappointed
						
Determined	Embarrassed	Excited	Confused	Exhausted	Enraged	Flat
						
Funny	Grateful	Happy	Hot	Humble	Interested	Lonely
						
Lovestruck	Moody	Nervous	Numb	Optimistic	Overwhelmed	Paranoid
						
Playful	Rage	Relaxed	Safe	Separate	Surprised	Tense
					 FRIENDSHIP BENCH [™] #iwillthrive	
Terrific	Trapped	Undecided	Uneasy	Validated		

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DAY 13: NAVIGATING YOUR FEELINGS

Date: _____

DAILY ACTIVITY:

Combine the skills from the last several days. Identify emotions as you feel them throughout the day and determine if they are positive or negative emotions. If they are negative emotions, practice releasing the energy associated with the emotion using your Stress Skills.

EVENING REFLECTION:

How hopeful I felt today:



Things that positively or negatively impacted my hope levels today:

Reflect on your daily activity. Were you more conscious of your feelings today? Were you successful in your attempts to release the energy from negative emotions using Stress Skills?

What worked? What didn't?

DAY 14: HAPPINESS HABITS

Date: _____

DAILY ACTIVITY:

Take time to practice one Happiness Habit today. Pay attention to how you feel before, during, and after your Happiness Habit.

EVENING REFLECTION:

How hopeful I felt today:

1 2 3 4 5 6 7 8 9 10

HOPELESS

HOPEFUL

Things that positively or negatively impacted my hope levels today:

Are there Happiness Habits that you already practice in your life? How do they make you feel?

What is one new Happiness Habit you will try this week?

Make sure you keep track of when and how often you do it. Happiness Habits are long term habits; therefore, they need to be done regularly so that they become a part of your normal schedule.

HAPPINESS HABITS

- Setting SMART goals
- Practicing gratitude
- Practicing kindness
- Thinking about positive things that make us happy
- Exercising
- Eating healthy foods like fruits and vegetables
- Walking outside
- Focusing on faith
- Playing an instrument
- Singing
- Connection to something greater than myself
- Being creative
- Taking photos
- Drawing or painting
- Dancing
- Jumping jacks
- Skipping
- Playing games
- Listening to happy music
- Spending time with friends
- Volunteering

Other happiness habits:

-
-
-
-
-
-
-



DAY 15 con't.

What are some other things that have made you feel wonder or awe in the past?

Where do you feel wonder and awe in your body?

DAY 16 con't.

BEFORE YOU GO TO BED, WRITE:

Three things you are grateful for about yourself:

1 _____

2 _____

3 _____

Three things you are grateful for about someone who triggered you today:

1 _____

2 _____

3 _____

Three things you are grateful for that happened today:

1 _____

2 _____

3 _____

DAY 17: PASSION, PURPOSE, AND HOPE

Date: _____

DAILY ACTIVITY:

Pay attention to the things you do throughout the day. Which parts of the day do you enjoy the most? Which parts of the day are you passionate about?

EVENING REFLECTION:

How hopeful I felt today:

1 2 3 4 5 6 7 8 9 10

HOPELESS

HOPEFUL

Things that positively or negatively impacted my hope levels today:

Take time to reflect on what you are passionate about and what your purpose might be based on your passions:

Are you currently taking steps to pursue that purpose? Why or why not?

DAY 18 con't.

MY SMART GOALS

Set a SMART goal for yourself. It can be a big goal associated with your purpose, or a smaller goal for the day. Use the area below to ensure that the goal you set is specific, measurable, achievable, relevant, and time-bound.

MY GOAL:

IS IT:

HOW?

SPECIFIC

MEASURABLE

ACHIEVABLE

RELEVANT

TIME-BOUND

STEPS I'LL TAKE TO REACH MY GOAL:

S.M.A.R.T. Goals



SPECIFIC

Be specific about your goal. Think about these questions when creating your goal: What needs to be accomplished? Who is responsible for it? What steps will you take to achieve it?



MEASURABLE

Can you measure your progress? If this goal will take a long time to achieve, set shorter term goals to reach along the way.



ACHIEVABLE

Are you inspired and motivated to reach your goal? Do you have the tools or skills you need? If not, do you know how you can get them?



RELEVANT

Does your goal make sense? Does it go along with what you are trying to achieve in the bigger picture?

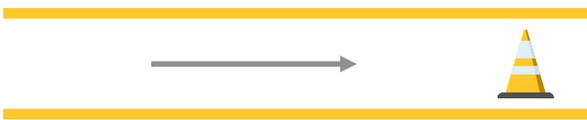


TIME-BOUND

Is your timing realistic? Can you achieve your goal in the time period set? Think about what you may want to achieve at the halfway point.

MY SMART GOAL



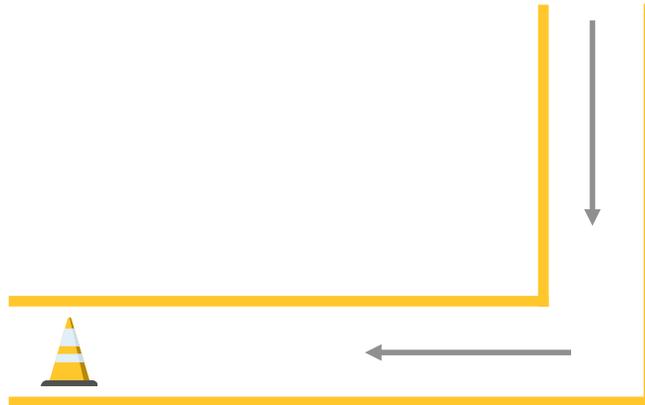


OBSTACLE # 1

SOLUTION

OBSTACLE # 2

SOLUTION



OBSTACLE # 3



MY HOPE NETWORK

Friends and Family I count on:

People I practice Happy Habits with:

People I turn to for Stress Skills:

Someone I can count on even if we aren't close:

Things I can connect to:

ex. Pets, Nature, Music, etc.

DAY 21: ENHANCING YOUR HOPE NETWORK

Date: _____

DAILY ACTIVITY:

Choose one person in your Hope Network and give them a call. Let them know that they are in your Hope Network, and tell them five things you appreciate about them.

EVENING REFLECTION:

How hopeful I felt today:



Things that positively or negatively impacted my hope levels today:

Look through your Hope Network again. After learning about how you can strengthen your Hope Network, are there people that you would now add to your Hope Network? People that you would remove?

DAY 22 con't.

When you practiced empathy today, were you able to stay in your upstairs brain, or did you take on the negative emotions of the other person?

What skills can you use to stay in your upstairs brain while still practicing empathy?

DAY 23: FORGIVENESS AND SELF-FORGIVENESS

Date: _____

DAILY ACTIVITY:

Practice forgiveness or self-forgiveness. Think about something you have not yet forgiven. Identify why you are holding onto those negative emotions. Take time to review the interaction, learn from what happened, and then use your Stress Skills to begin to release the energy from that feeling.

EVENING REFLECTION:

How hopeful I felt today:

1 2 3 4 5 6 7 8 9 10

HOPELESS

HOPEFUL

Things that positively or negatively impacted my hope levels today:

Reflect on the forgiveness or self-forgiveness you worked on today. Were you able to forgive? If yes, how did it feel? If not, what are you still holding onto? How do you think you can move towards forgiveness in the future?

DAY 24: CHALLENGES TO HOPE

Date: _____

DAILY ACTIVITY:

Take a few moments to review the skills you've learned on your hope journey thus far.

EVENING REFLECTION:

How hopeful I felt today:



Things that positively or negatively impacted my hope levels today:

Happiness Habits I have practiced in recent days:

-
-
-
-
-
-
-

Stress Skills I have practiced in recent days:

-
-
-
-
-
-
-

DAY 25: WORRY AND RUMINATION

Date: _____

DAILY ACTIVITY:

Pay attention to when you start to ruminate or worry about things. When you feel yourself beginning to enter a rumination or worry cycle, take a 90-second pause, and use your Stress Skills to return to your upstairs brain.

EVENING REFLECTION:

How hopeful I felt today:



Things that positively or negatively impacted my hope levels today:

Identify something you are worrying or ruminating about:

How are you going to break the rumination or worry cycle?

DAY 26 con't.

Directions: List or draw the things you CAN control in the space inside the sunflower. List or draw the things you CAN'T control in the space around the sunflower.



**THINGS THAT I
CANNOT CONTROL**

DAY 27: INTERNALIZING FAILURE

Date: _____

DAILY ACTIVITY:

Look at areas in your life where you feel that you have failed. Are you internalizing any negative emotions because of that failure? If so, identify where in the process the failure happened, learn from your failure, and then release the negative emotions associated with that failure.

EVENING REFLECTION:

How hopeful I felt today:

1 2 3 4 5 6 7 8 9 10

HOPELESS

HOPEFUL

Things that positively or negatively impacted my hope levels today:

Are you internalizing negative emotions associated with a past failure? If so, what can you learn from that failure?

DAY 27 con't.

What skills can you use to release the negative emotions associated with that failure?

DAY 28: RESOURCES FOR HOPE

Date: _____

DAILY ACTIVITY:

Take time to go through the resources provided and to reach out to at least one person in your Hope Network. (See page 57)

EVENING REFLECTION:

How hopeful I felt today:

1 2 3 4 5 6 7 8 9 10

HOPELESS HOPEFUL

Things that positively or negatively impacted my hope levels today:

To find more resources for hope, check out some of our other projects, including:

- Hopeful Minds (www.hopefulminds.org)
- Hopeful Cities (www.hopefulcities.org)
- Artworks for Hope (<https://www.ifred.org/artworks-for-hope>)
- Gardens for Hope (<https://www.ifred.org/gardens-for-hope>)
- Fields for Hope (<https://www.ifred.org/fields-for-hope>)

DAY 30 con't.

How did your scores compare to one another?

What did you learn from this course?

What hope skills do you still want to work on?

My SMART goal for continuing to strengthen my hope is:

ADDITIONAL RESOURCES

5 KEYS

TO CREATING A HOPEFUL MINDSET

- 1 Identify and Manage the Stress Response
- 2 Practice Happiness Habits
- 3 Take Inspired Actions Using **S.M.A.R.T. GOALS**
- 4 Create a Strong Hope Network
- 5 Overcome Challenges to Hope



 **Hopeful Cities™**
an iFred.org project

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Join the Hopeful Cities Movement at
hopefulcities.org

1

IDENTIFY AND MANAGE THE STRESS RESPONSE

When you are emotionally triggered by something in your environment, you go into fight, flight, freeze, or fawn mode as your body releases stress hormones. This is called your **stress response**.

Stress Skills for Serenity

Stress Skills are skills that help you navigate your stress response, calm yourself down, and return to a hopeful mindset. By practicing Stress Skills, you are teaching yourself how to work through your body's chemical response to external stimuli and then respond calmly.

- 90 Second Rule
- Breathing Techniques
- Meditation
- Sleep
- Calming Music
- Visualization
- Journaling
- Exercise
- Sensory Engagement
- Gardening
- Time near water and nature



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5 KEYS TO CREATING A HOPEFUL MINDSET

2

PRACTICE HAPPINESS HABITS

Positive feelings, the first ingredient of hope, are feelings that are located in your upstairs brain. They are the feelings that help you maintain a hopeful mindset and encourage you to keep moving towards your goals. So, if you want to have a strong hopeful mindset, you want to spend as much time as possible in your upstairs brain.

Happiness Habits for Positivity

Happiness Habits are healthy, long term actions that you can take to foster positive feelings and *stay* in your upstairs brain.

- Morning Routine
- Smiling
- Exercise
- Invigorating Music
- Nature
- Playing an Instrument
- Singing
- Gratitude
- Kindness
- Games
- Volunteering
- Family
- Friends
- Wonder Awe
- Faith



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5 KEYS TO CREATING A HOPEFUL MINDSET

3

TAKE INSPIRED ACTIONS USING S.M.A.R.T. GOALS

Inspired actions are the second ingredient of hope. You can practice inspired actions by creating **S.M.A.R.T.** Goals.

- S** pecific
- M** easurable
- A** ttainable
- R** elevant
- T** ime Bound

S.M.A.R.T. Goals help you keep a hopeful mindset by giving you something to look forward to and encouraging you to work towards your future.

Remember:

- S.M.A.R.T. Goals should always be created using positive feelings. One of the causes of hopelessness is setting an unrealistic goal or having set your goal from a place of negativity.
- If your goal seems too big, chunk it down into smaller goals.
- Obstacles are a part of life. Embrace the obstacle and learn to pivot, reevaluate, and ask for help.



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5 KEYS TO CREATING A HOPEFUL MINDSET

4

CREATE A STRONG HOPE NETWORK

Your Hope Network can be made up of family members, teachers, friends, neighbors, mentors, brothers and sisters, children, doctors, or even pets. Anyone who you think you can turn to when you are feeling hopeless belongs in your Hope Network.

You may also want to include therapists, psychologists, and/or other medical professionals in your Hope Network.

Your Hope Network should only include:

- People who know and understand you
- People who value your strengths
- People who contribute to your hopeful mindset
- People in whom you can confide
- People who are available to support you

Enhance Your Hope Network with:

- 5:1 Rule
- Praise
- Recognition
- Kindness
- Empathy
- Communication

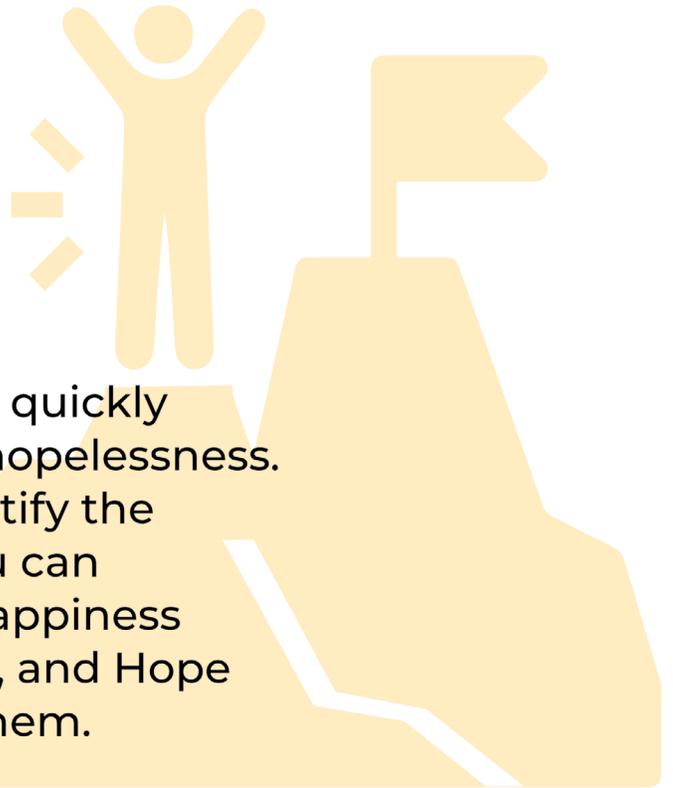


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5 KEYS TO CREATING A HOPEFUL MINDSET

5

OVERCOME CHALLENGES TO HOPE



Challenges to Hope can quickly take you from hope to hopelessness. However, once you identify the Challenges to Hope, you can use your Stress Skills, Happiness Habits, Inspired Actions, and Hope Network to overcome them.

Overcoming the Challenges:

You can overcome the challenges to hope using Stress Skills, Happiness Habits, SMART Goals, and your Hope Network.

Challenges to Hope:

- Rumination
- Worry
- Internalizing Failure
- Focusing on the Uncontrollable

Know Where to Go for Support:

<https://hopefulcities.org/get-support/>



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5 KEYS TO CREATING A HOPEFUL MINDSET

WHERE TO FIND SUPPORT

U.S. SUICIDE HOTLINES AND IMMEDIATE TELEPHONE SUPPORT

If you or someone you know needs immediate help in the U.S., call any of the lines for hope below to talk to someone in your local area. They can listen to you and direct you to local resources if further assistance is needed. If someone has talked to you about suicide, and you believe they are currently a threat to themselves or someone else but won't take your help, call 911.

988	New Suicide Hotline
(800)273-8255	1-800-273-TALK National Suicide Prevention Lifeline
(888)628-9454	National Suicide Prevention Lifeline: Spanish Language Available
(800)799-4889	National Suicide Prevention Lifeline: Deaf & Hard of Hearing Options
(800) 784-2433	1-800-SUICIDE National Suicide Prevention Hotline
(800)784-2432	1-800-SUICIDA Spanish Speaking Suicide Hotline
(877)968-8454	1-877-YOUTHLINE Teen to Teen Peer Counseling Hotline
(866)488-7386	TrevorLifeLine for LGBTQ Support
(877)565-8860	Trans Lifeline

You can also text **HOME to 741741** to connect with a crisis counselor from [crisistextline.org](https://www.crisistextline.org).

IMMEDIATE ASSISTANCE OUTSIDE OF THE UNITED STATES

List of International Online Crisis Intervention Services:

https://www.iasp.info/resources/Online_Crisis_Intervention_Services/

List of International Resources and Crisis Centers:

https://www.iasp.info/resources/Crisis_Centres/

IMMEDIATE ONLINE SUPPORT

24-hour online crisis center: <http://www.imalive.org/>

TrevorChat 24-hour online LGBTQ support: <http://www.thetrevorproject.org/>

APPS FOR SUPPORT

7 Cups - Free peer to peer support: www.7cups.com

Talkspace - Platform for one-to-one virtual counseling and therapy with licensed providers: www.talkspace.com

FIND A THERAPIST NEAR YOU IN THE UNITED STATES:

Psychology Today's therapist finder:

http://therapists.psychologytoday.com/nmha/prof_search.php

ORGANIZATIONS FOCUSED ON HOPE AND MENTAL HEALTH

Introducing your children to hopeful behaviors- positive feelings and smart actions - is important for the long term health and happiness of your children. There are thousands of organizations working around the world to help children live happy, hopeful lives. iFred and Hopeful Minds is proud to collaborate with and/or support the following organizations:

- American Academy of Child & Adolescent Psychiatry: <http://www.aacap.org/>
- American Foundation for Suicide Prevention (AFSP): <https://afsp.org/>
- American Psychiatric Association: <https://www.psychiatry.org/>
- American Society of Clinical Psychopharmacology: www.ascpp.org
- Anxiety and Depression Association of America (ADAA): <https://adaa.org/>
- Big Brothers, Big Sisters: <https://www.bbbs.org/>
- Black Lives Matter: <https://blacklivesmatter.com/>
- Born This Way Foundation: <https://bornthisway.foundation/>

ORGANIZATIONS FOCUSED ON HOPE AND MENTAL HEALTH CONT.

- The Children's Cabinet: <https://www.childrenscabinet.org/>
- Children's Mental Health Network: <https://www.cmhnetwork.org/>
- Cities Rise: <http://cities-rise.org/>
- The Clay Center for Young, Healthy Minds: <https://www.mghclaycenter.org/>
- The Depression and Bipolar Support Alliance: <https://www.dbsalliance.org/>
- Dignity and Power Now: <http://dignityandpowernow.org/>
- The Eddy House: <https://eddyhouse.org/>
- Erica's Lighthouse: <https://www.erikaslighthouse.org/>
- Fundamental SDG: <https://www.fundamentalsdg.org/>
- Global Coalition on Youth Mental Health: <https://ymentalhealth.org/>
- Grief Recovery: <http://www.griefrecovery.ws>
- Healthy Place: <http://www.healthyplace.com/>
- Hopeful Minds: <https://hopefulminds.org/curriculum/>
- Hopeful Minds Parent Guide: <https://hopefulminds.org/curriculum/>
- International Association for Suicide Prevention (IASP): http://www.iasp.info/resources/Crisis_Centres
- International Foundation for Research and Education on Depression: <https://www.ifred.org>
- Inspire, iFred's Anxiety and Depression Support Community: <https://www.inspire.com/groups/ifred-anxiety-and-depression/>
- The Karma Box Project: <https://www.karmaboxproject.org/about>
- The Kennedy Forum: <https://www.thekennedyforum.org/>
- The Lovell Foundation: <https://lovellfoundation.org/>
- "The Mask You Live In" Documentary: <http://therepresentationproject.org/film/the-mask-you-live-in-film/>
- Matthew Ornstein Foundation: <https://www.mornstein.org/>

ORGANIZATIONS FOCUSED ON HOPE AND MENTAL HEALTH CONT.

- Mental Health America: <https://www.mhanational.org/>
- Movement for Global Mental Health: <http://globalmentalhealth.org/>
- National Alliance on Mental Illness (NAMI): <https://www.nami.org/Home>
- National Council for Behavioral Health: <https://www.thenationalcouncil.org/>
- National Institute of Mental Health: <http://www.nimh.nih.gov/index.shtml>
- One Mind: <https://onemind.org/>
- Peg's Foundation: <https://pegsfoundation.org/>
- Pretty Girl Passion Society: <https://www.prettygirlpassionsociety.com/>
- PsychCentral: <http://psychcentral.com/>
- The Scattergood Foundation: <https://www.scattergoodfoundation.org/>
- "Screenagers" Documentary: <https://www.screenagersmovie.com/>
- Steinberg Institute: <https://steinberginstitute.org/>
- Substance Abuse and Mental Health Services Administration: <http://www.samhsa.gov>
- Treatment Advocacy Center: <https://www.treatmentadvocacycenter.org/>
- The Trevor Project: <https://www.thetrevorproject.org/>
- Voices around the World: <https://voicesaround.com/>
- Welcoming Schools: <https://www.welcomingschools.org/>
- Well Being Trust: <https://wellbeingtrust.org/>
- Women's Brain Project: <http://www.womensbrainproject.com/>
- World Dignity Project: <http://theworlddignityproject.org/>
- World Health Organization: <http://www.who.int/en/>
- Youth Mental Health First Aid: <https://www.mentalhealthfirstaid.org/population-focused-modules/youth/>
- Zimbabwe Friendship Bench: <https://www.friendshipbenchzimbabwe.org/>
- Thrive Global: <https://thriveglobal.com/>

30 DAY GLOBAL HOPE CHALLENGE WORKBOOK

30 Days. 30 Lessons. 30 Actions.

The 30 Day Global Hope Challenge Workbook was designed to be used in conjunction with the free, 30 Day Global Hope Challenge at <https://globalhopechallenge.com/>. The Global Hope Challenge is a 30 day course that introduces participants to a new hope skill each day through the use of a lesson, video, activity, and this workbook.

The 30 Day Global Hope Challenge Workbook was created to enhance the lessons in the Global Hope Challenge. It provides colorful worksheets and visuals for each of the 30 lessons.

We believe hope should be available to all, and offer the 30 Day Global Hope Challenge Workbook for free when you sign up for the Global Hope Challenge. 100% of the profits from this purchase go directly to iFred, a 501c3. You can find out more at www.ifred.org and <https://globalhopechallenge.com>.

Thank you for choosing hope. Hope is a skill that every single one of us must learn, as it influences all areas of our lives. By choosing hope, you are choosing to make a lasting, positive impact on your future.

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