

Anchored to Hope

BAPTIST HEALTH STROKE SUPPORT GROUP



We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain.

Hebrews 6:19

January

- What emotions do you feel prevent you from having hope?
- Write about one thing that makes you smile when you think of it.
- What are some barriers that prevent you from having hope?

[illegible]

February

- What is the best thing that happened to you this week?
- Write down five things that you are grateful for.
- If your anxiety or fear could speak, what would it say?
- How would you respond to it?

[illegible]

March

- What does hope mean to you?
- What advice would a calm and centered future version of yourself give to your current emotional state?

[illegible]

April

- Write down one thing that made you happy today.
- How or why did it make you happy?
- Describe one of your favorite smells and why.

[illegible]

May

- What does it mean to you to have faith in something or someone?
- Describe your current emotion as if it were a place. What does it look, sound, and feel like?
- Imagine you're walking down the street with someone who makes you feel safe and loved. Who is that person? What do you talk about?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

June

- Identify five things that always bring you comfort or peace.
- How can you incorporate one into your day tomorrow?
- Identify 5 things that bring fear or anxiety?
- What strategies can you use to reduce fear or anxiety?

[illegible]

July

- Write a letter to the emotion you're feeling, whether it's anger, sadness, joy, or confusion.
- If you are experiencing a positive emotion, identify ways you can continue to focus on it.
- If you are experiencing a negative emotion, identify some coping mechanisms that will help navigate that emotion.

[illegible]

August

- If two things were preventing you from feeling hopeful right now, what would they be and why?
- List the daily small achievements or tasks you accomplished for the next week.
- Describe your favorite “comfort” object.

[illegible]

September

- If your current emotions were a type of weather, what would they be? Cloudy, stormy, sunny breaks, and why?
- What's the forecast for those emotions? What strategies can you use to control that forecast?
- Who do you know who inspires hope in others? Write about them.

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October

- What's one fear you encountered today?
- How did you cope, or what can you do differently next time?
- What is the most hopeful thing that happened to you last year?
- If you could give someone some hope, who would it be and why?

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November

- Why do you need hope in your life?
- List small achievements or tasks you accomplished today.
- What is the best thing that has happened to you this week?

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December

- What do you want to accomplish in the future and why?
- If you could provide encouragement to someone what would you say?
- Think back to one year ago today, what have you overcome?
- What skills have you developed? What have you learned?

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