

# 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?

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# 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?

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# March

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

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# 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.

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**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?

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# 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?

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# 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.

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# 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.

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# 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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