

Eric Maisel

90 *Days* of Hope



Wellness Journal Series

It is easy for us to forget to be hopeful. Maybe our work is hard, our family situation is taxing, or world events are demoralizing us. One way to maintain hope is to remind ourselves every single day via journaling that today is a day to be hopeful.

Here's a taste of what I mean. Imagine responding to the following four prompts. Do you get a sense of how that might increase your sense of well-being?

+ Today is a new day. What would you like to hope for today?

+ Maybe you start your day by checking your emails or watching the news. What would it be like if you started your day attuning to hope?

+ Throughout the day, hope can wane as we attend to one chore and one errand after another. What would it be like to create a ceremony that renews hope when hope starts to wane?

+ Picture a day when something you've hoped for comes to pass. Describe that experience.

Maybe we need more hope for the world. We are part of the larger world and what is going on in that larger world affects us. Therefore, we have a vested interest in hoping that our world is a healthy, just, and peaceful place. What if you shared your hope for the world via journaling? Imagine responding to following four prompts.

+ Describe one action you might take in the service of making your hope for the world a reality.

+ Maybe you have your doubts about the world. Even given those doubts, is there something you can still hope for?

+ Describe a time when your efforts made a difference. Does that experience make you feel a little more hopeful?

+ To be hopeful means that you are giving life a thumb's up. What are some reasons for giving life a thumb's up?

The best way to create a habit, get a long-term project done, or pay attention to our life purposes is by inaugurating a daily practice in support of that habit, project, or purpose. Every day is a day to practice hopefulness. Support your intention to live your life hopefully through daily journaling. Picture how responding to the following four journal practice might start to anchor your intention to journal every day.

+ Imagine that you spent a portion of each day devoting yourself to hope. What might that practice look like?

+ Describe the experience of feeling hopeful with every breath you take.

+ Daily practice turns an occasional activity into a habit. What might "hope as a new daily habit" look like?

+ What are your symbols of hope? If you currently don't have any, what symbols of hope might you create?

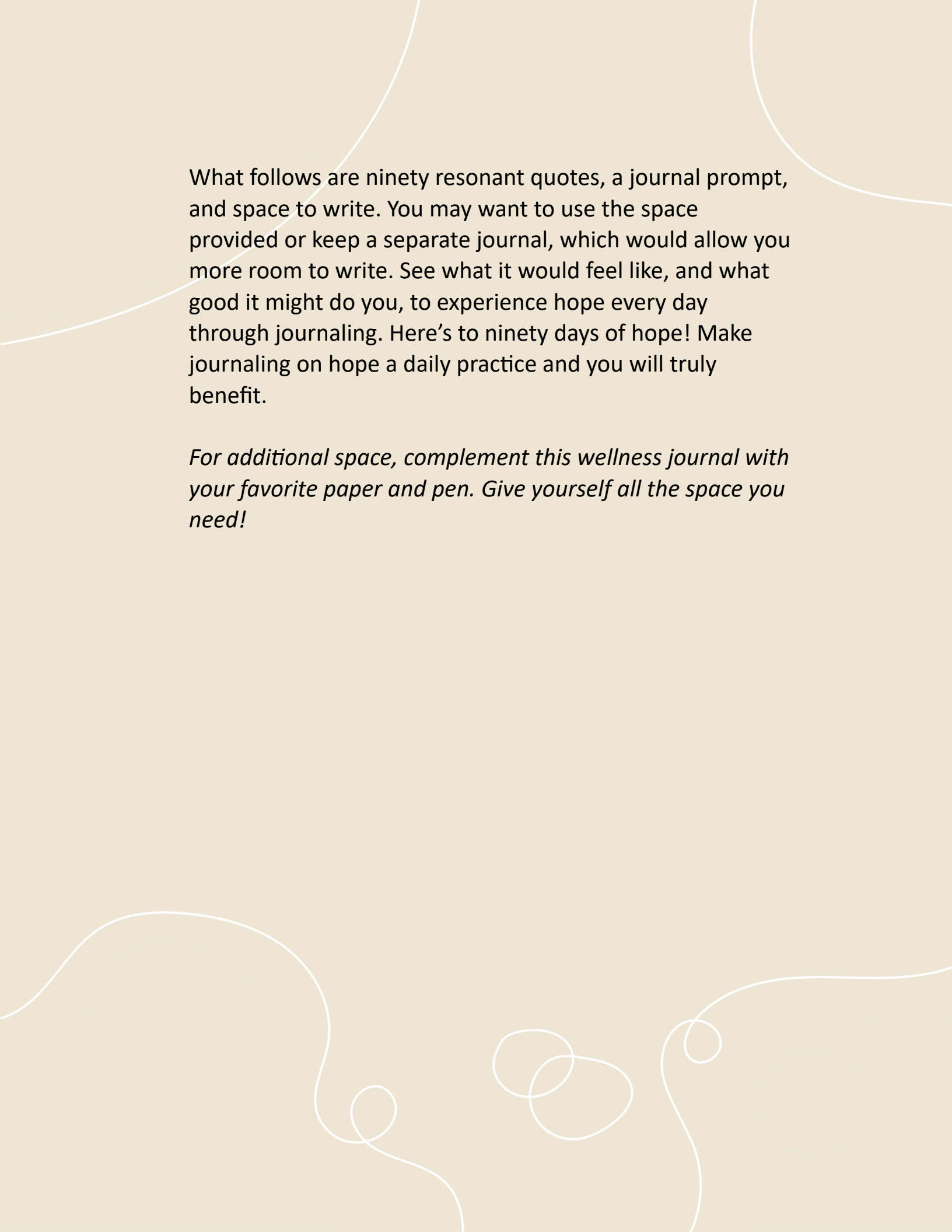
Many people are suffering with chronic illnesses, with the lifelong consequences of childhood adversity and trauma, and with emotional challenges that negatively affect their mood and their ability to function. Staying hopeful that you can heal and that your situation can improve are invaluable decisions. Imagine paying mindful attention via journaling to the connection between healing and hope. Consider how it might feel to journal to the following prompts.

+ Maybe you have a chronic illness or have experienced trauma in your life. Picture yourself healed from that illness or trauma. Describe your new, healed self.

+ Describe the feeling of hope rising in you and healing you.

+ Imagine that hope was an elixir and you always had that elixir of hope by your bedside. What would that be like?

+ Picture that you're lost at sea and a kind wind comes up and carries you home. Describe that experience of arriving home safely.



What follows are ninety resonant quotes, a journal prompt, and space to write. You may want to use the space provided or keep a separate journal, which would allow you more room to write. See what it would feel like, and what good it might do you, to experience hope every day through journaling. Here's to ninety days of hope! Make journaling on hope a daily practice and you will truly benefit.

For additional space, complement this wellness journal with your favorite paper and pen. Give yourself all the space you need!



Day 1.

“There is no medicine like hope, no incentive so great, and no tonic so powerful as expectation of something tomorrow.” —Orison Swett Marden

Imagine that you always had an elixir of hope by your bedside. What would that be like?



Day 2.

“Hope itself is like a star—not to be seen in the sunshine of prosperity and only to be discovered in the night of adversity.”—C. H. Spurgeon

Picture a starry night. The brightest star is hope. Describe that experience.



Day 3.

“Hope is a flicker, a candle flame kept burning by the simple act of breathing.” —Joan Clark

Describe the experience of feeling hopeful with every breath you take.

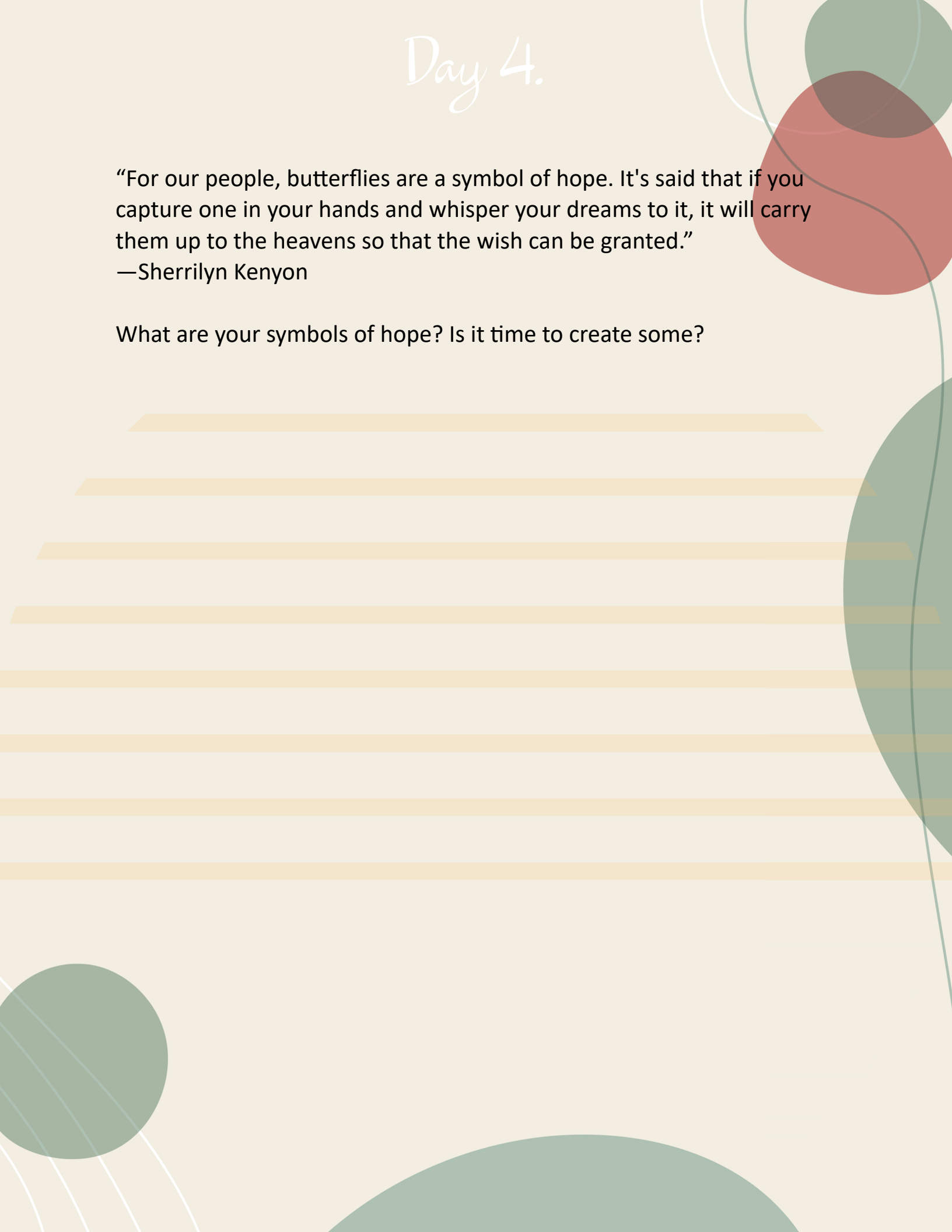


Day 4.

“For our people, butterflies are a symbol of hope. It's said that if you capture one in your hands and whisper your dreams to it, it will carry them up to the heavens so that the wish can be granted.”

—Sherrilyn Kenyon

What are your symbols of hope? Is it time to create some?



Day 5.

“Disappointment had to be postponed, hope kept alive as long as possible.”
—Graham Greene

Picture hope as a small bird that needs you. How would you keep it alive?



Day 6.

“The merchants of hope will never go out of business.”

—Bangambiki Habyarimana

Imagine yourself in an open-air market where herbs, spices, and hope are sold. Describe that experience.

The background features a series of horizontal, slightly irregular orange lines that create a sense of depth and texture. On the left side, there is a large, dark green abstract shape. On the right side, there is a large, light orange abstract shape. The overall design is minimalist and modern, with a focus on organic, flowing lines.

Day 7.

“Action is what makes hope a reality.”—Timothy Brenner

Describe one action you might take in the service of making hope a reality.

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Day 8.

“Be the light in the darkness.”—Evie Neill

Imagine being the light in the darkness. What would that look like?

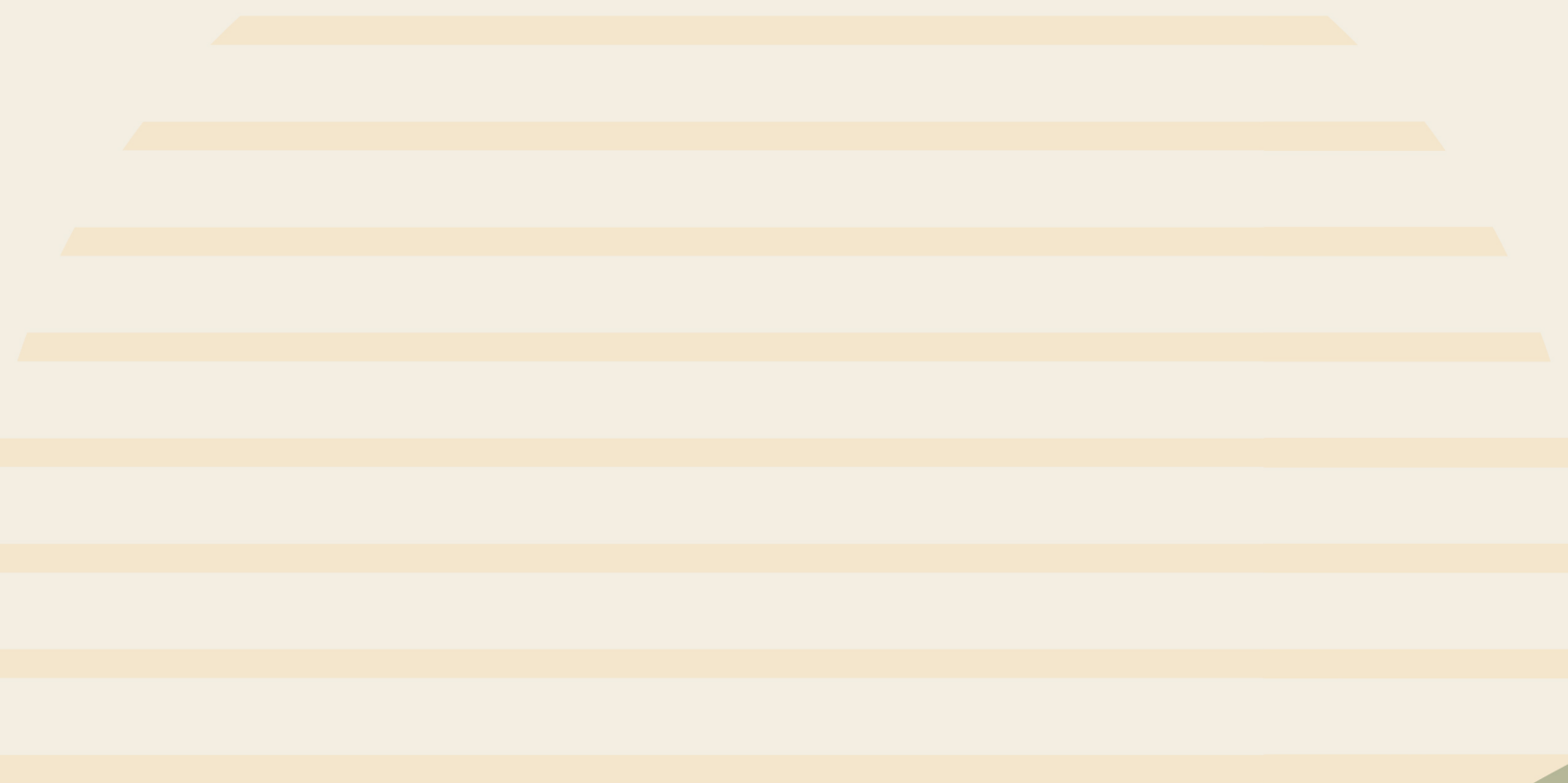




Day 9.

“What is false about hope?” — Mitch Albom

Write to the prompt, “Hope is the truth.”



Day 10.

“No matter how sad she felt, there was always this little bit of hope - like a speck of glitter caught in your eyelash - that never went away, no matter what.” — Lauren Tarshis

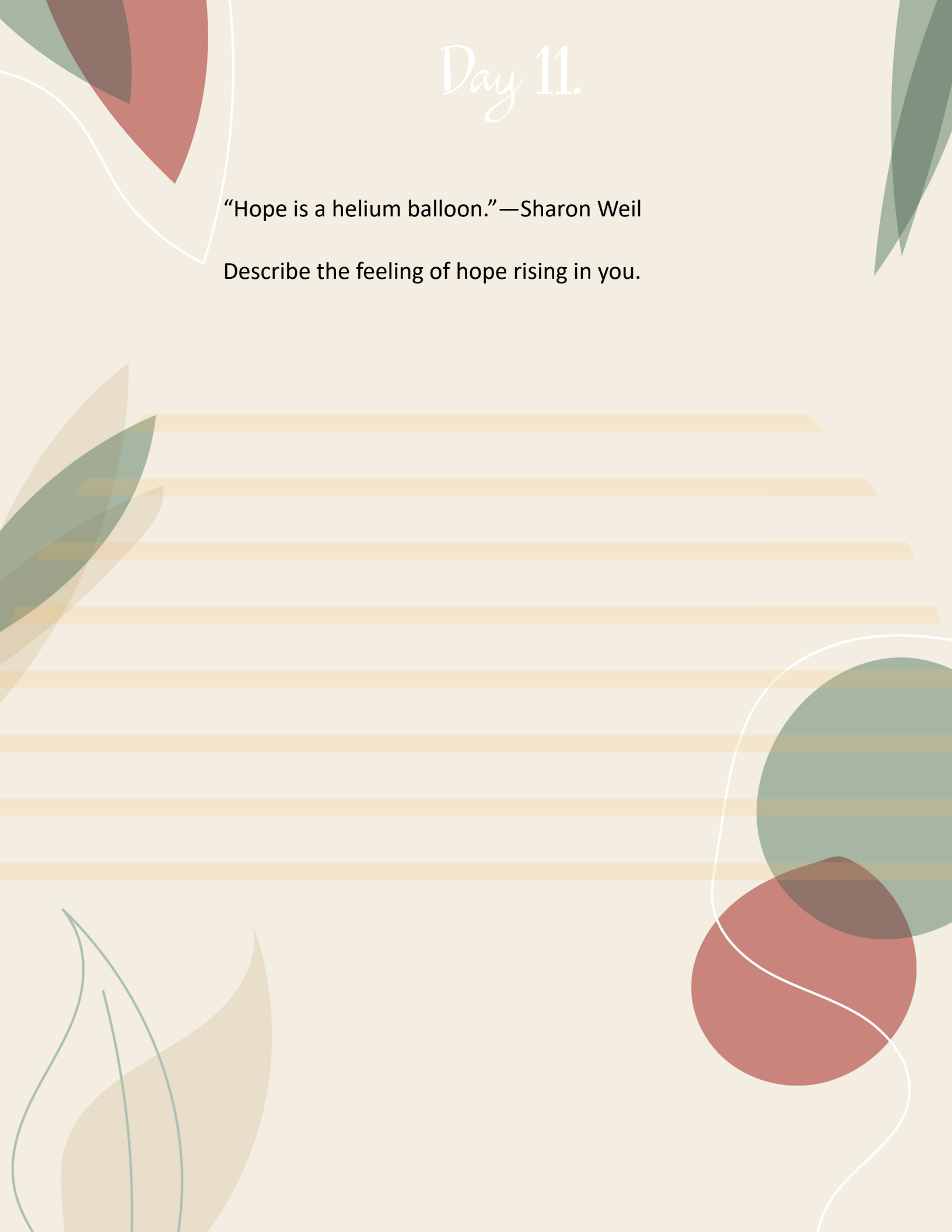
What would it be like if hope never went away completely?



Day 11.

“Hope is a helium balloon.” —Sharon Weil

Describe the feeling of hope rising in you.



Day 12.

“Hope was the wind that came from nowhere to fill your sails and carry you home.”--Leigh Bardugo

You are lost at sea and a kind wind comes up that carries you home. Describe that experience.



Day 13.

“My great hope is to laugh as much as I cry; to get my work done; and to try to love somebody and have the courage to accept love in return.” —Maya Angelou

The heart still hopes: for a little love, a little light, a little music, a little joy. That hope is ever so modest—and ever so deep. What do you hope for?



Day 14.

“To live without hope is to cease to live.” —Fyodor Dostoevsky

We may be sequestered, but we are still alive. One way to feel alive is to hope. Pick a small hope, for instance that your apple will be sweet, and hope it. You will feel a bit more alive for having done that! Write to the prompt, “To be alive is to remain hopeful.”

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Day 15.

“Hope lies in dreams, in imagination, and in the courage of those who dare to make dreams into reality.” —Jonas Salk

Can this possibly feel like the moment to turn a hope into a reality? Well, maybe, just maybe. Picture that hope, hold it close, and see if a little something in the direction of realizing it seems possible. Journal on the prompt, “I can turn one hoped-for dream into a reality.”



Day 16.

“Hope is being able to see that there is light despite all the darkness.”
—Desmond Tutu

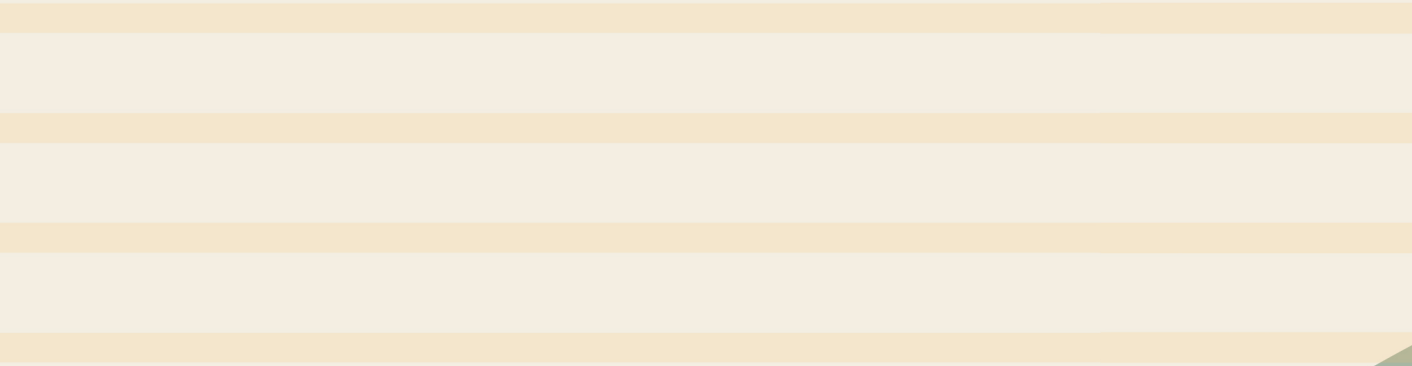
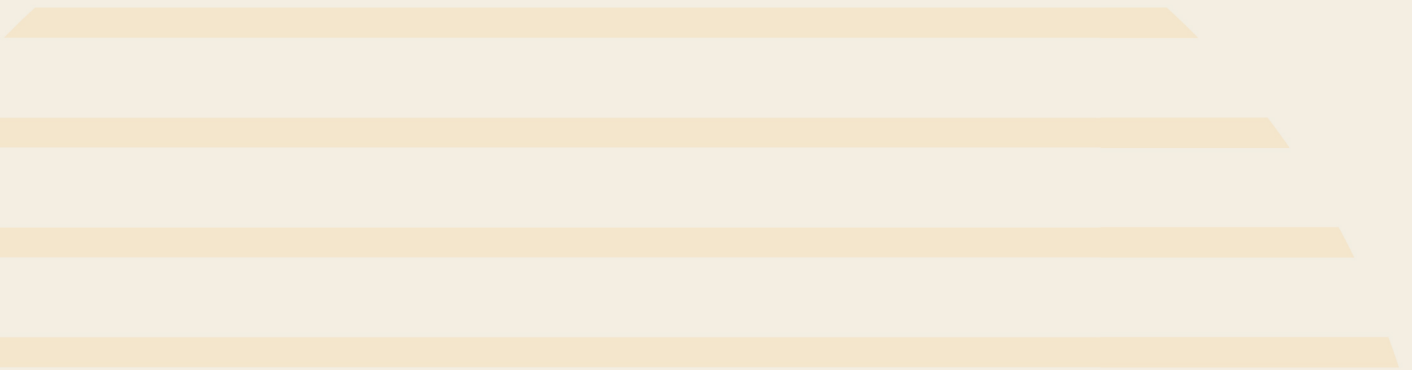
Maybe the place to focus is on the light instead pf the darkness? What would that be like?



Day 17.

“The hope of a secure and livable world lies with disciplined nonconformists who are dedicated to justice, peace and brotherhood.”
—Martin Luther King, Jr.

Individuals stand up and make the difference. How might you stand up and make a difference?



Day 18.

“Man needs, for his happiness, not only the enjoyment of this or that, but hope and enterprise and change.” —Bertrand Russell

Write to the prompt: If I make one enterprising change, even of the smallest sort, a bright flicker of new hope might be lit.



Day 19.

“All the great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, hope.” —Winston Churchill

Consider as a starting point: Isn't hope both a great thing and a simple thing?



Day 20.

“Where there is no vision, there is no hope.”
—George Washington Carver

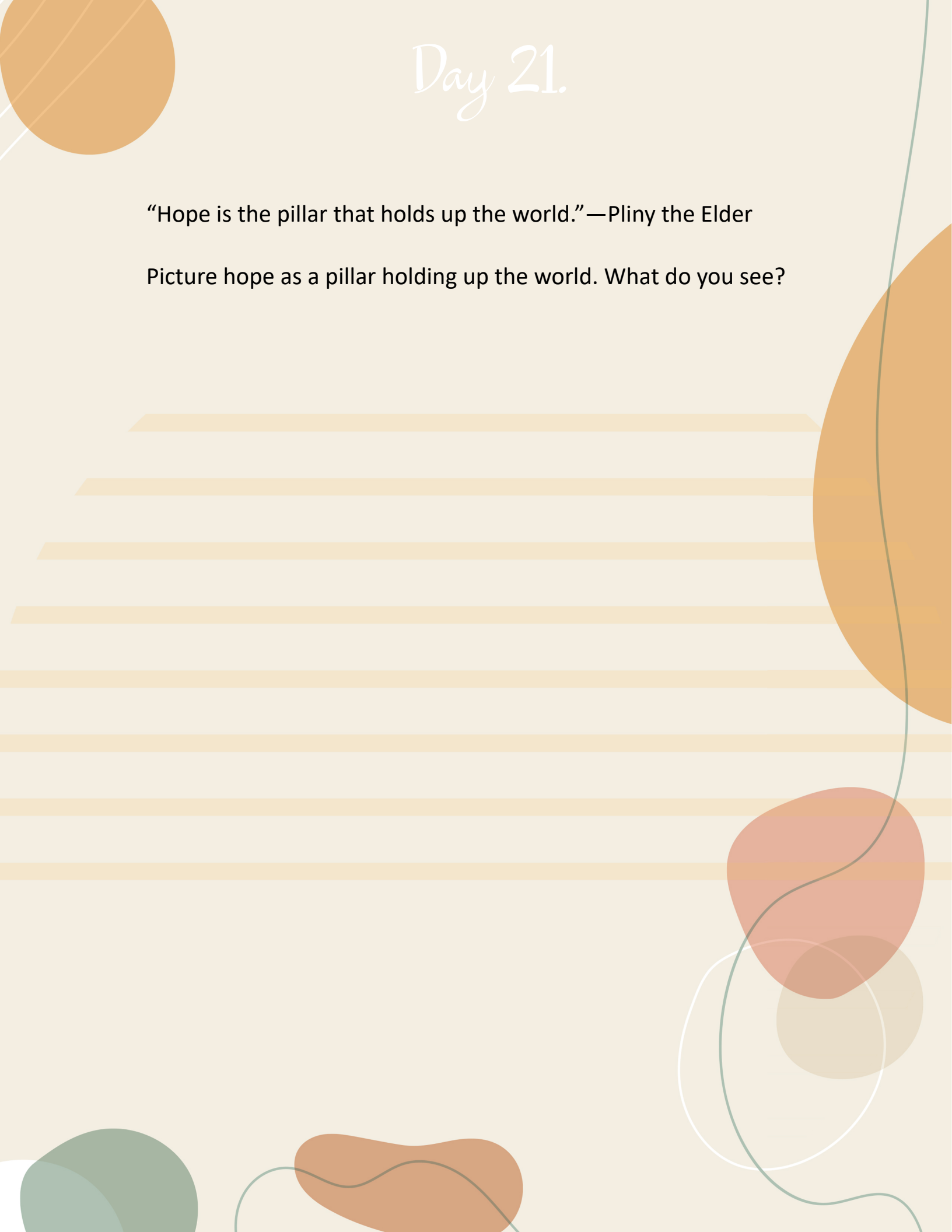
Have you identified your life purposes? You likely have many! That you have many life purposes is a gift. That means that you aren't counting on just one reason to live. Those life purposes amount to a vision for your life. Journal on that thought.



Day 21.

“Hope is the pillar that holds up the world.”—Pliny the Elder

Picture hope as a pillar holding up the world. What do you see?



Day 22.

“Love is a springtime plant that perfumes everything with its hope, even the ruins to which it clings.” —Gustave Flaubert

Write to the prompt: Hope perfumes even the ruins to which it clings.



Day 23.

“If we will be quiet and ready enough, we shall find compensation in every disappointment.” —Henry David Thoreau

Can you retain hope, even despite your many disappointments?

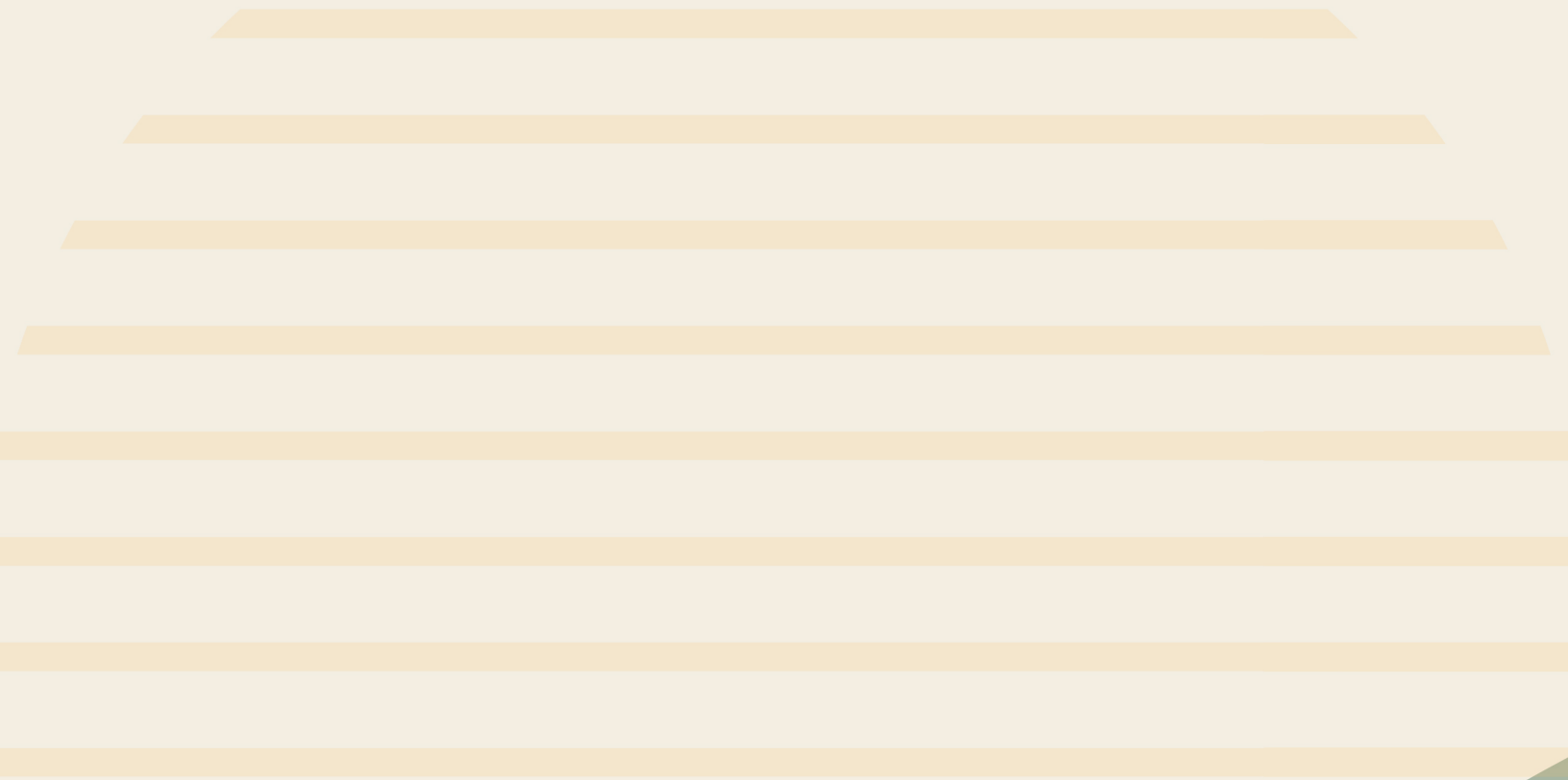
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Day 24.

“Hope is a waking dream.” —Aristotle

Dream a waking dream of hope in words.

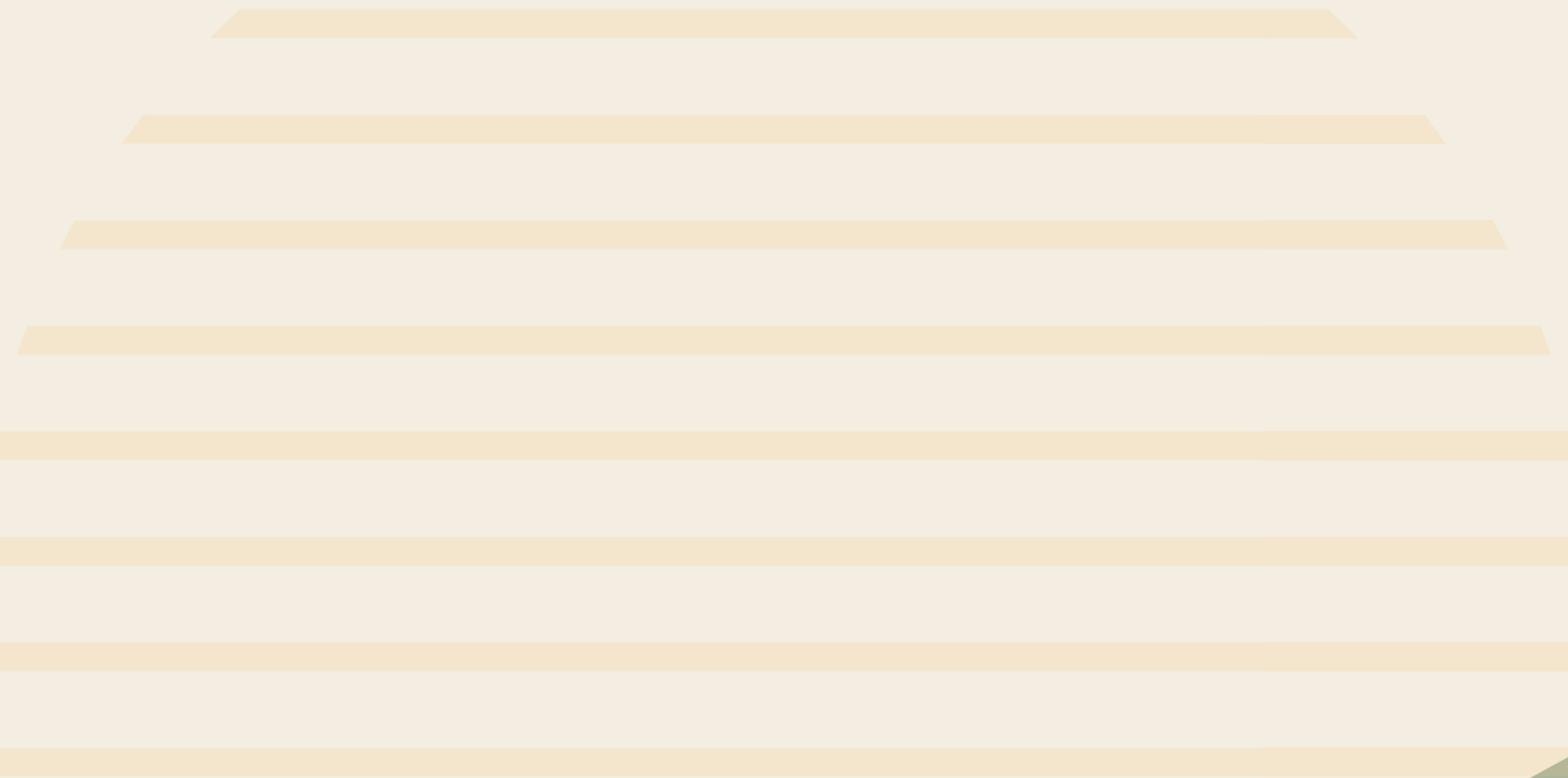




Day 25.

“Hope is a verb with its shirtsleeves rolled up.”—David Orr

Hope is an action, a turning in a certain direction, a deep breath followed by a long stride. Feel hope’s verve and verb-ness! Write on this idea.



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Day 26.

“The very existence of libraries affords the best evidence that we may yet have hope for the future of man.” —T.S. Eliot

Our accumulated goodness is itself reason to hope. One such accumulation is the library—or the virtual library. Those books represent the best efforts of so many! Isn't that a reason to hope? Write to the idea that the existence of goodness is itself reason to hope.



Day 27.

“Even in my most jaded times, I had some hope.” —Gerard Way

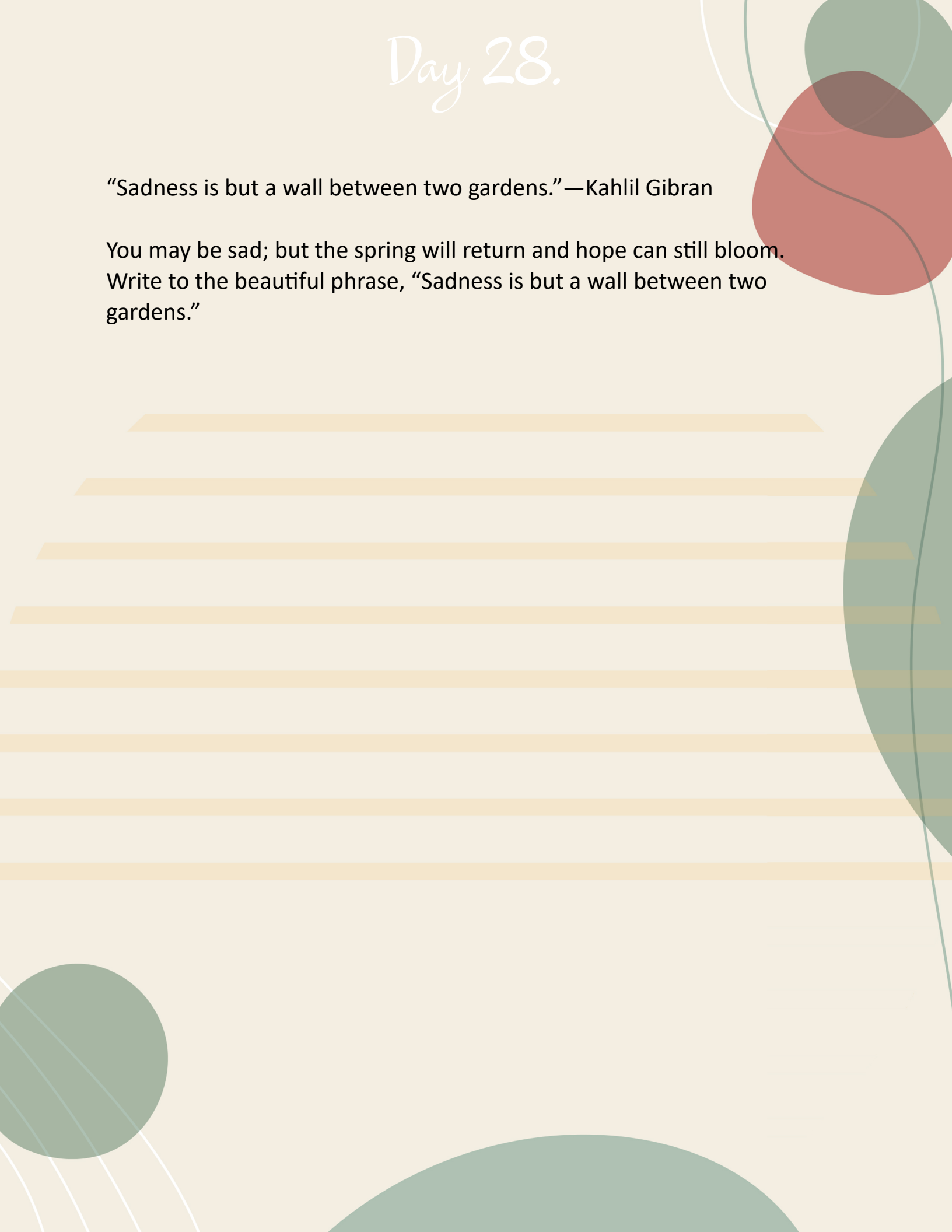
If you’ve lived a full life, you’ve seen a lot. Isn’t it amazing that any sparkle can be left, given what we’ve seen? Isn’t it amazing that we aren’t completely jaded, given life as it is? And we aren’t! That is something. Write to the prompt, “I’ve seen a lot and still I have hope.”



Day 28.

“Sadness is but a wall between two gardens.” —Kahlil Gibran

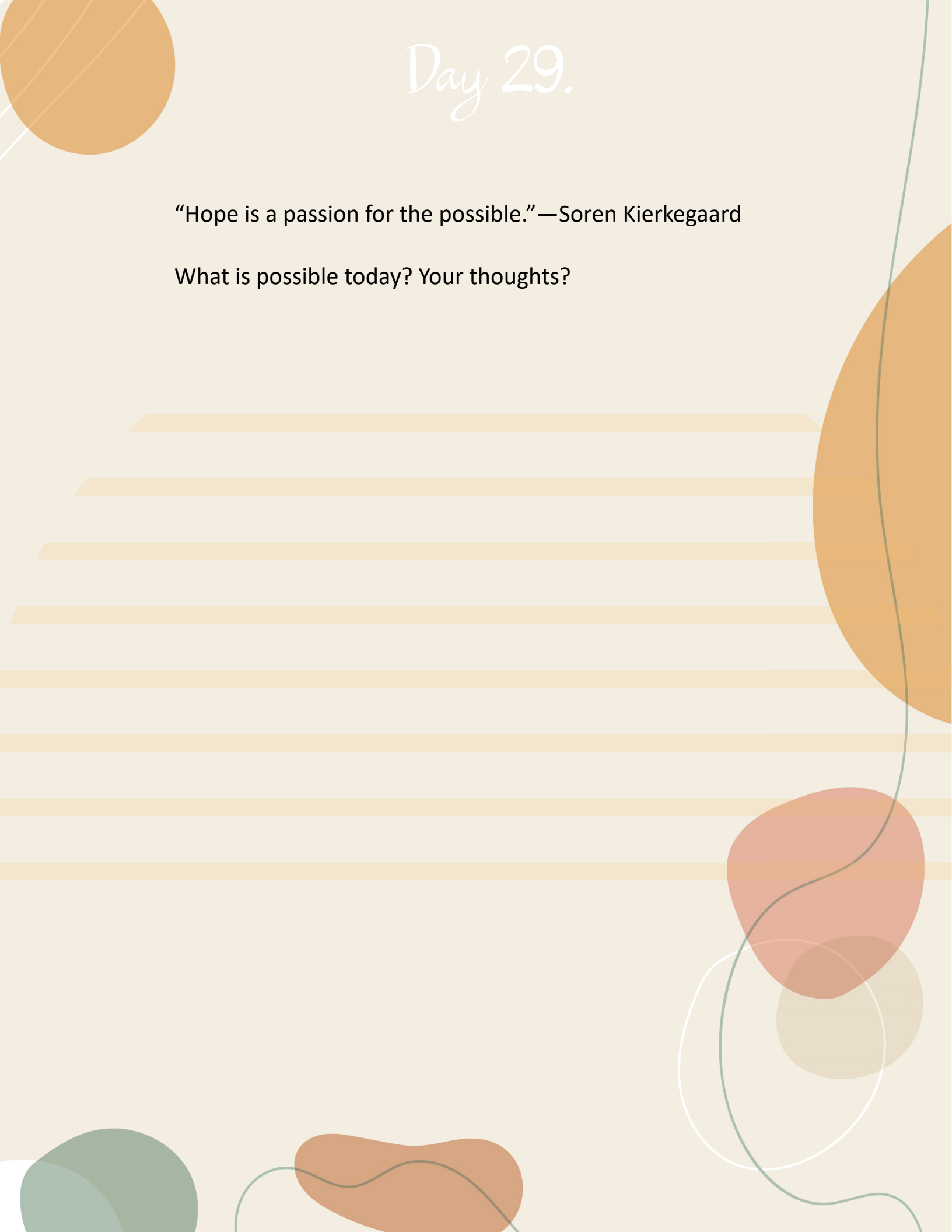
You may be sad; but the spring will return and hope can still bloom.
Write to the beautiful phrase, “Sadness is but a wall between two
gardens.”



Day 29.

“Hope is a passion for the possible.” —Soren Kierkegaard

What is possible today? Your thoughts?



Day 30.

"I always entertain great hopes." —Robert Frost

Maybe this is exactly the right moment for great hopes? Maybe every empty street is a space preparing itself to be filled with hope? Write to the prompt, "I can entertain great hopes."

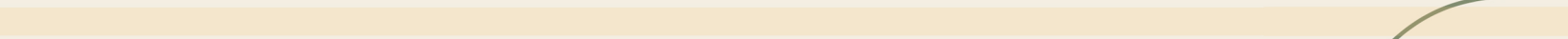
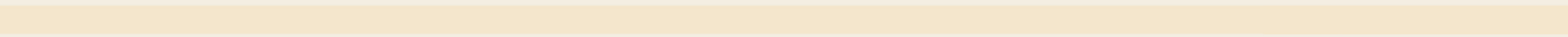
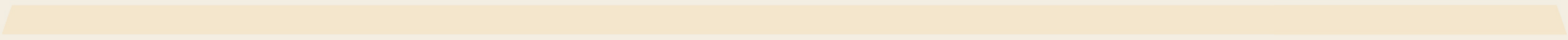
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Day 31.

“We must rediscover the distinction between hope and expectation.”

—Ivan Illich

I do not expect anything from today. As if today owes me something! But I do have certain hopes for today. That is a very different idea, a very different feeling, the difference between expectation and hope. Write to that distinction.

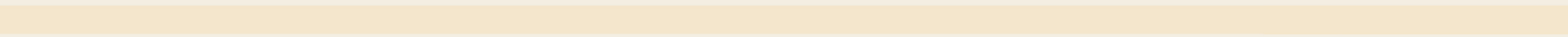
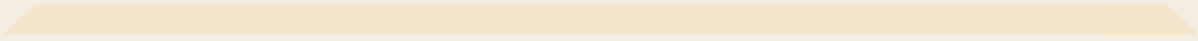


Day 32.

“What is true of the individual will be tomorrow true of the whole nation if individuals will but refuse to lose heart and hope.”

—Mahatma Gandhi

It may be completely absurd to believe that we can influence nations. But can't we do that if we are in it together? Isn't that the hope at the heart of humanism, that the individual impulse can be magnified in the collective? Write to the prompt, "I haven't lost heart and hope."



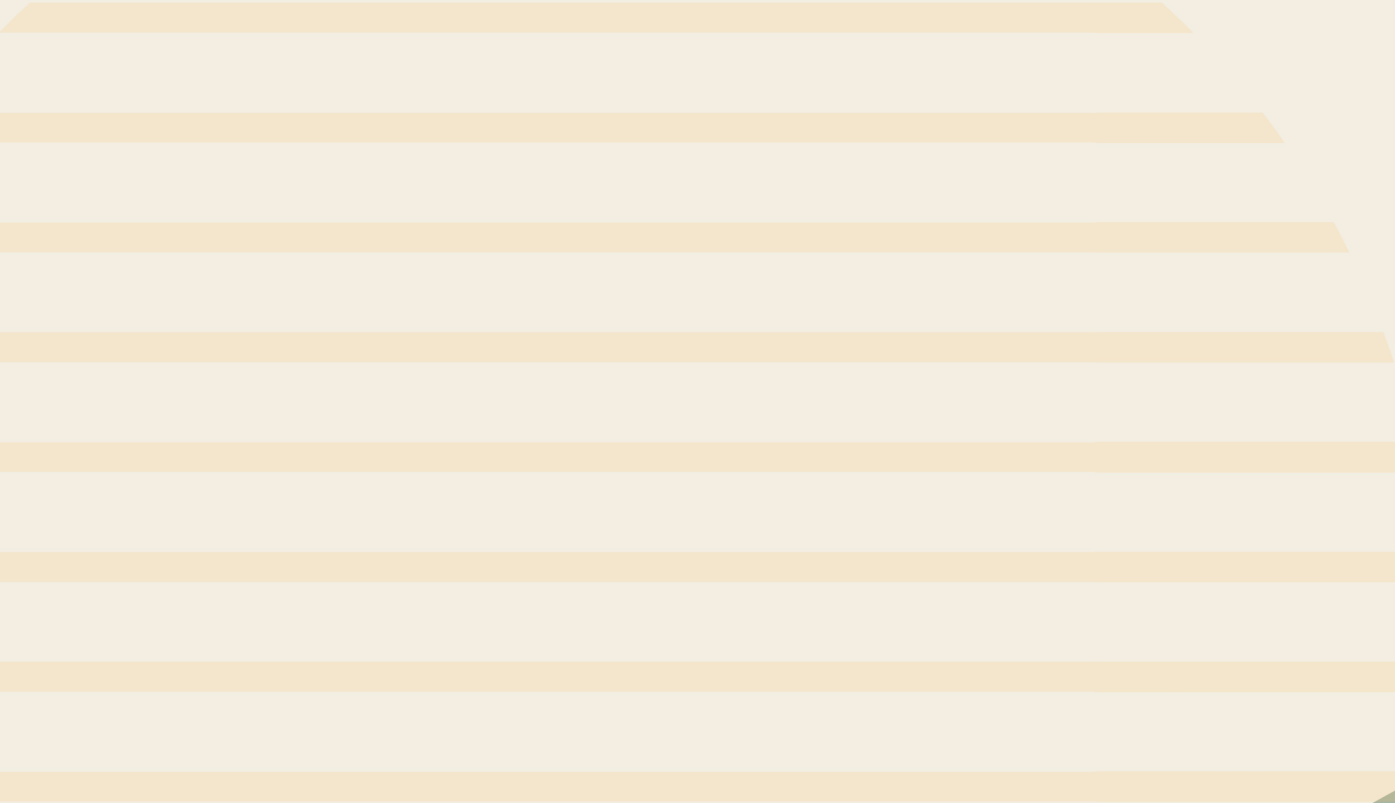


Day 33.

“Where there is no hope, it is incumbent on us to invent it.”

—Albert Camus

We are obliged to make many high-bar decisions in life. We must decide on our own life purposes. We must decide on what efforts we'll engage in to make and maintain meaning. And we must decide to vote for hope, no matter what. Can you, as Camus put it, “invent hope”?



Day 34.

“I dwell in possibility.” —Emily Dickinson

Even the possible is unlikely without a good measure of hope. Make the possible more possible by your attitude and your good will. Write to the prompt, “I can make the possible more possible by hoping.”



Day 35.

“Hope is something that is built from small parts. Perceived actions. Observed effects. Imperfect understanding. Uncertain knowledge. Acknowledged fears.” —David Amerland

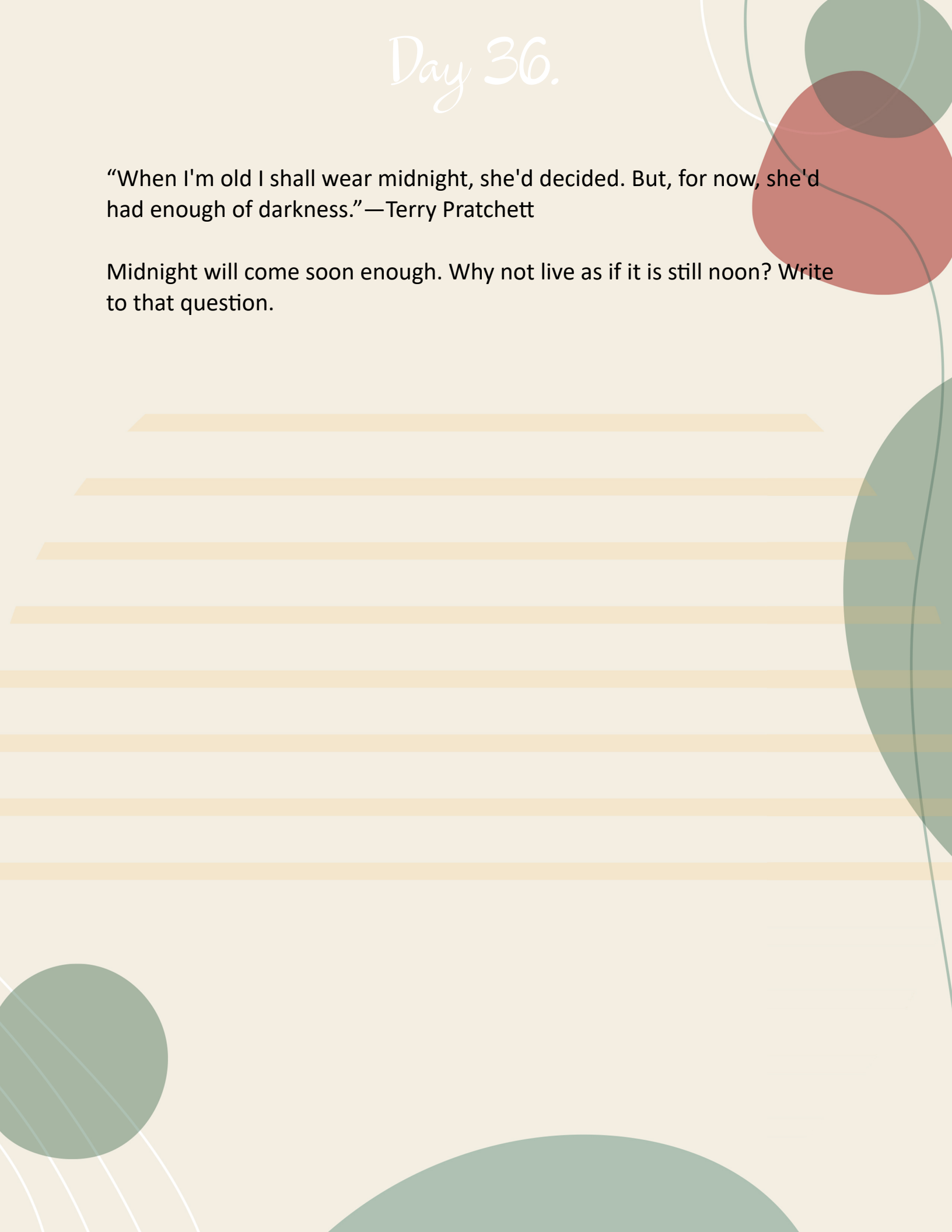
How to build a big hope? From small parts. A hope not for eternity but for today. A hope not for perfection but for the next gesture, the next action, the next breath. Write to the prompt, “I can build a big hope from small parts.”



Day 36.

“When I'm old I shall wear midnight, she'd decided. But, for now, she'd had enough of darkness.” —Terry Pratchett

Midnight will come soon enough. Why not live as if it is still noon? Write to that question.



Day 37.

“And remember: you must never, under any circumstances, despair. To hope and to act, these are our duties in misfortune.” —Boris Pasternak

Should we expect less of ourselves in difficult times? Or must we step up in difficult times and expect more? Might that be our self-obligation? What do you see as your “duties in misfortune”?

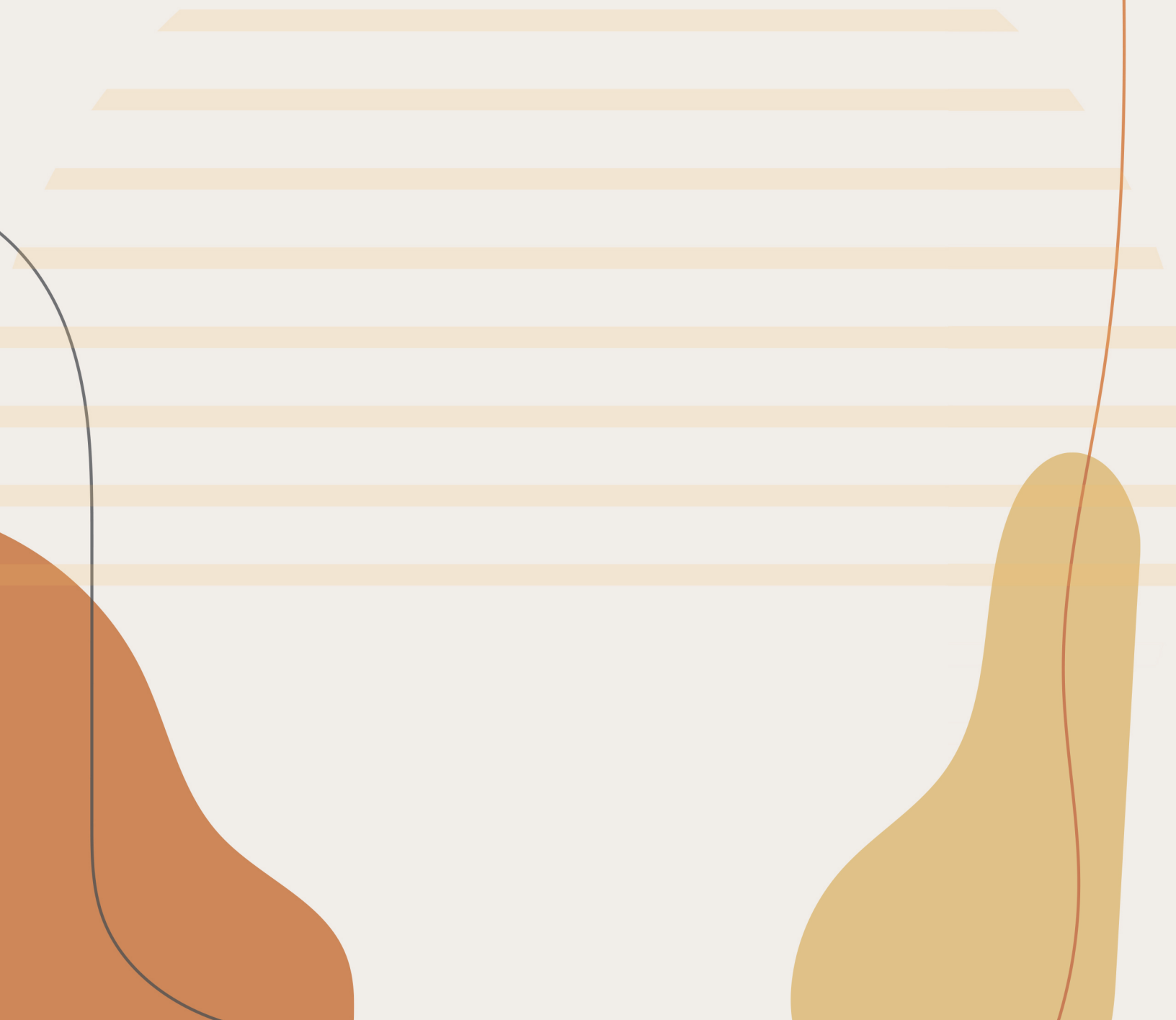


Day 38.

“There is nothing new under the sun, but there are new suns.”

—Octavia E. Butler

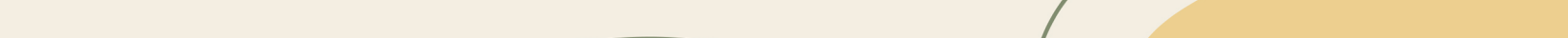
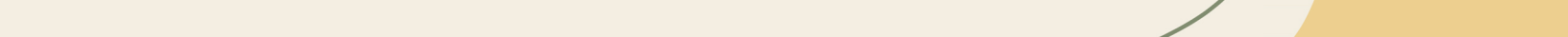
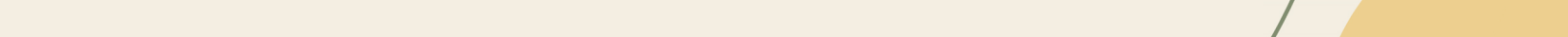
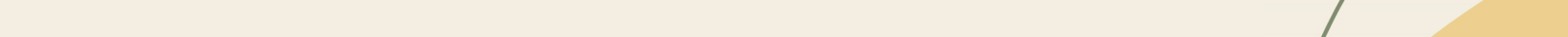
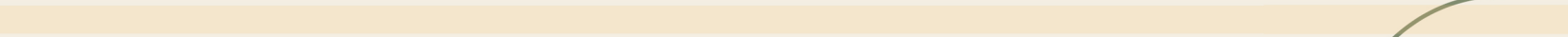
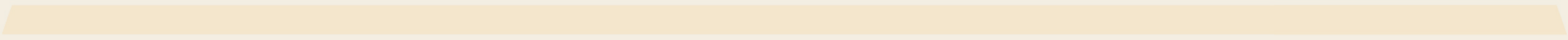
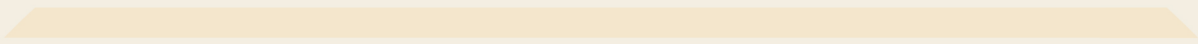
What can we hope for? A new sun? How silly. There is only the one sun. Or is there? Your thoughts?



Day 39.

“In spite of us, and without our permission, there comes at last an end to the bitter frosts. One morning the wind turns, and there is a thaw. And so, I must still have hope.” —Vincent van Gogh

Ah, we have a wish for Vincent and for everyone who loses hope, to just hang on until tomorrow, as an inner springtime may yet return. Hang on! What will you do to hang on until there is a thaw?





Day 40.

“Then you must teach my daughter this same lesson. How to lose your innocence but not your hope. How to laugh forever.” —Amy Tan

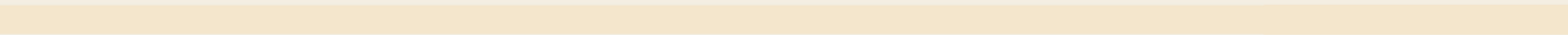
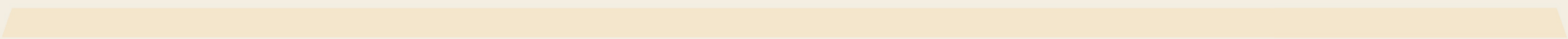
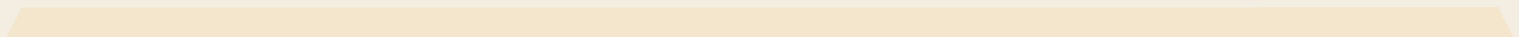
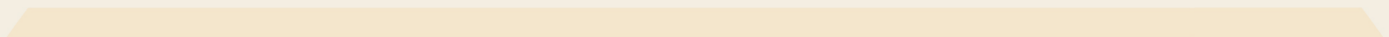
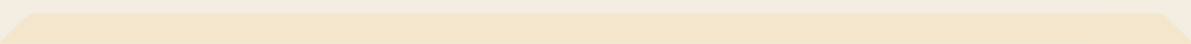
We have certainly lost our innocence. But does that mean that we have to lose our hope as well? Write to the theme of “losing innocence but not hope.”



Day 41.

“Why is it that, once fallen, we do not try to rise, and, having lost one thing, we do not seek another? Why?”—Anton Chekhov

Ah, we shall fall. That is inevitable. But rising again is a choice. What sort of choice? It is our best choice and our most hopeful gesture. Write to theme that “rising again is a choice.”



Day 42.

“Even in the mud and scum of things, something always, always sings.”

—Ralph Waldo Emerson

Is that a bird singing? And another? Might their songs prompt us to sing just a little? Might this be a day to sing? Your thoughts?



Day 43.

“My pride shut me up, my hurt shut me down, and together they ganged up on my hope and let her get away.” —David Levithan

Don't let hope get away. She may be inclined to make a run for it—but she's willing to stay if you talk sweetly to her. Journal to the prompt, “What ought I to do if hope is inclined to make a run for it?”



Day 44.

“Hope is sweet. Hope is illumining. Hope is fulfilling. Hope can be everlasting.” —Sri Chinmoy

Is hope sweet? Does hope have a taste?



Day 45.

“At the bottom of her heart, however, she was waiting for something to happen. Like shipwrecked sailors, she turned despairing eyes upon the solitude of her life, seeking afar off some white sail in the mists of the horizon.” —Gustave Flaubert

Yes, we are waiting for things to happen. But we mustn't just wait. We must also live. Write to the prompt, “Here's what I'll do while I'm waiting.”



Day 46.

“There would always be flashes of beauty even in the midst of pain.”

—Laila Ibrahim

We are doing things differently in this peculiar moment: maybe listening to a piece of long-forgotten music, noticing a bird’s plumage, studying the painting on the wall. That is, maybe we are turning to beauty. Your thoughts?



Day 47.

“May your choices reflect your hopes, not your fears.” —Nelson Mandela

Your fears are not irrational. Not at all! At the same time, we want to factor hope into our choices. Maybe a hopeful walk in the park, rather than all day inside? Are your choices reflecting your hopes or your fears?

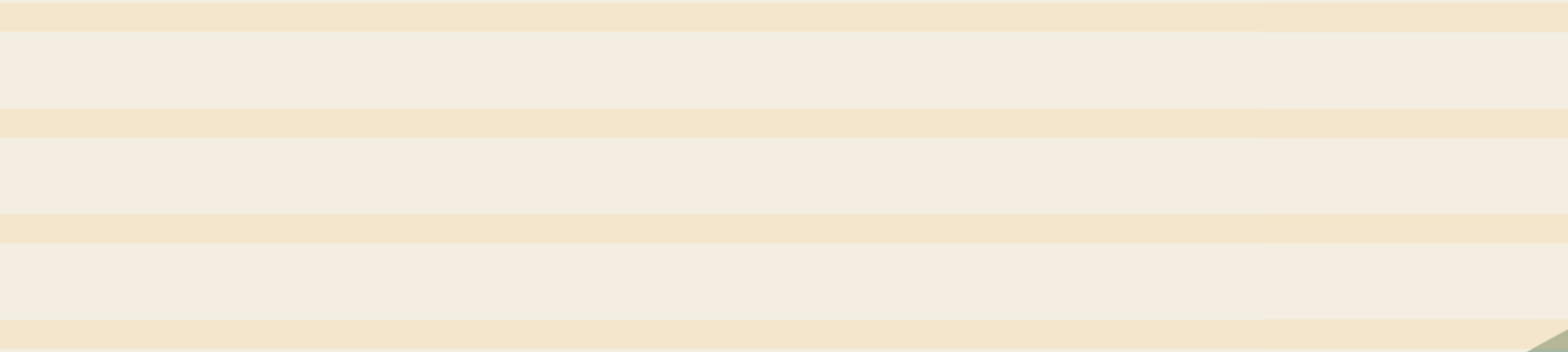
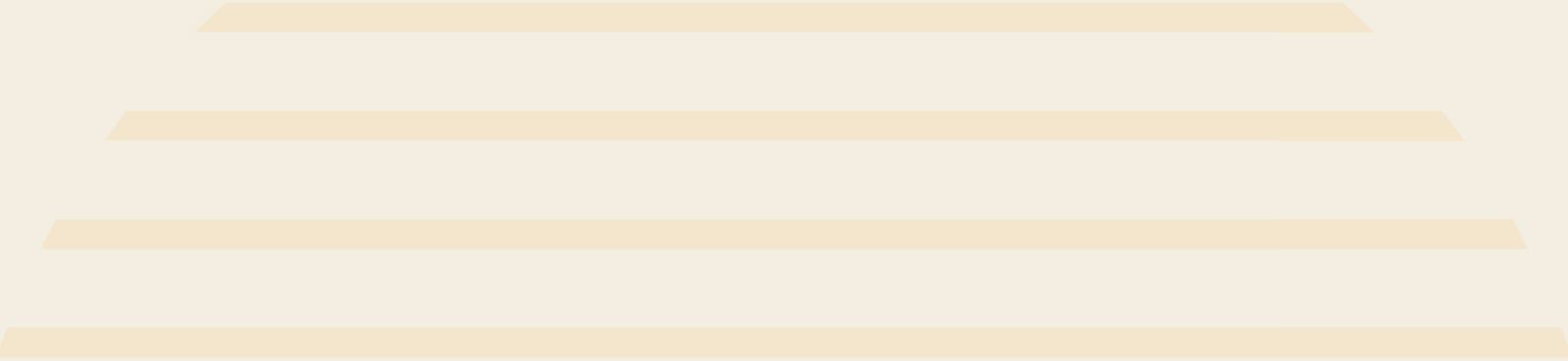
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Day 48.

“Hope was tricky like water. Somehow it always found a way in.”
—Leigh Bardugo

Maybe you’re not feeling so terribly hopeful. But who knows? Hope is awfully tricky. It might just sneak in today. Might hope sneak in today?

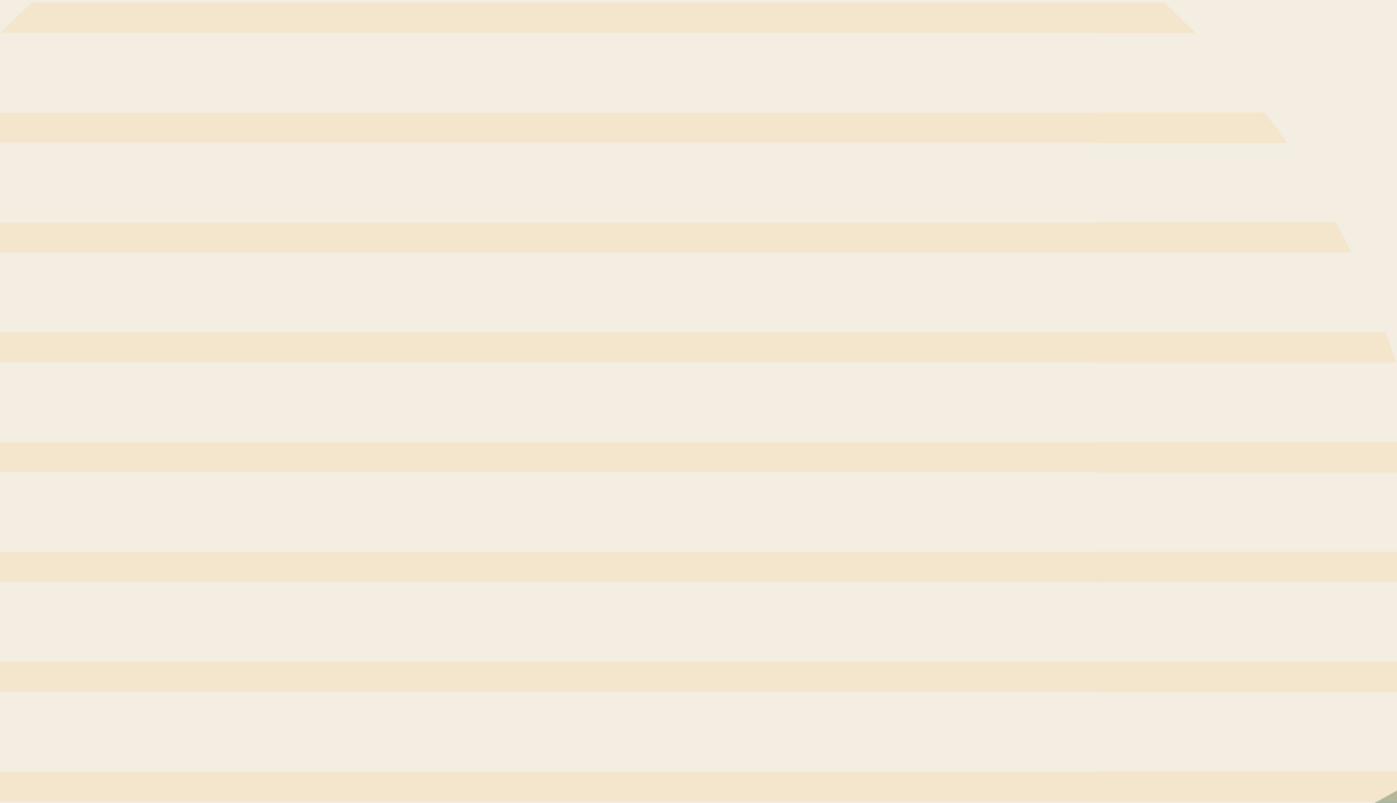




Day 49.

“The thing the sixties did was to show us the possibilities and the responsibility that we all had. It wasn't the answer. It just gave us a glimpse of the possibility.” —John Lennon

Maybe this time is an offer to see possibilities. Answers? Maybe not. Possibilities? Perhaps. Your thoughts?



Day 50.

“The difference between hope and despair is a different way of telling stories from the same facts.” —Alain de Botton

The facts are the facts. But then there is the story that can be woven with them—and we are that storyteller. What if you told a different story from the same set of facts?



Day 51.

“Hope can have sharp edges as it leaves you.” —Jacqueline Simon Gunn

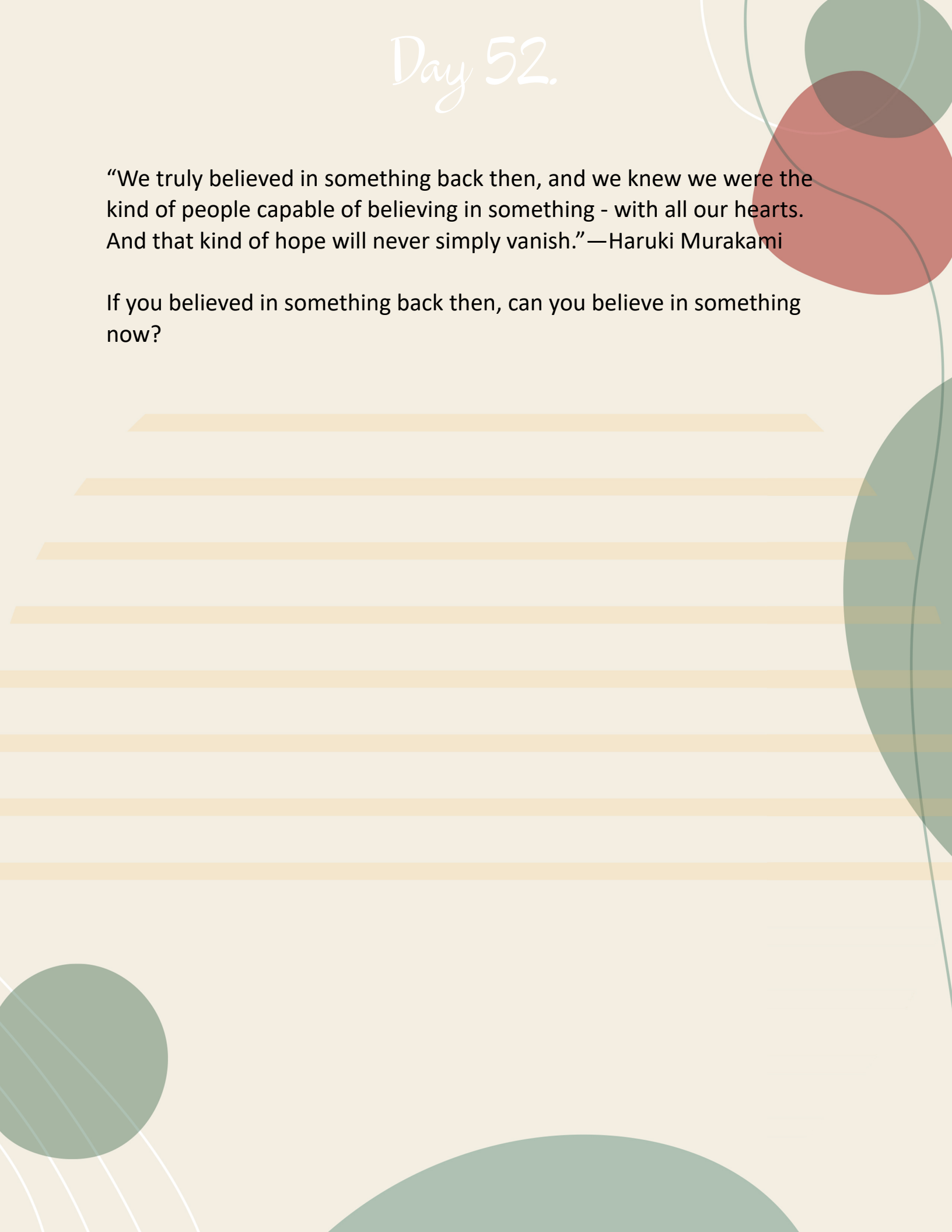
Better the bittersweet pain of still hoping than the sharp pain of hope leaving, wouldn't you say? Your thoughts?



Day 52.

“We truly believed in something back then, and we knew we were the kind of people capable of believing in something - with all our hearts. And that kind of hope will never simply vanish.” —Haruki Murakami

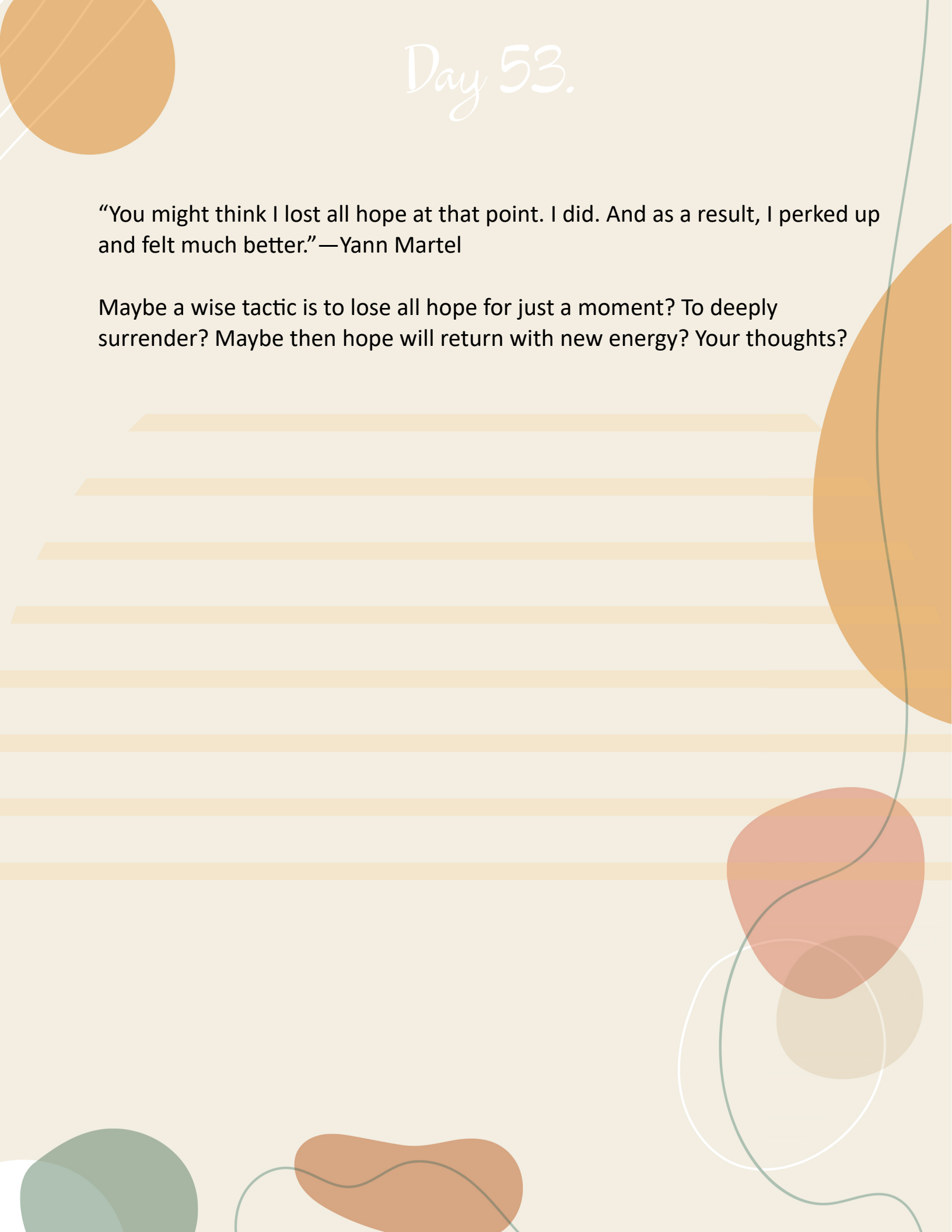
If you believed in something back then, can you believe in something now?



Day 53.

“You might think I lost all hope at that point. I did. And as a result, I perked up and felt much better.” —Yann Martel

Maybe a wise tactic is to lose all hope for just a moment? To deeply surrender? Maybe then hope will return with new energy? Your thoughts?



Day 54.

“But what we call our despair is often only the painful eagerness of unfed hope.” —George Eliot

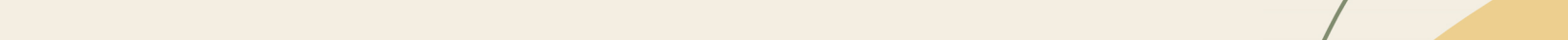
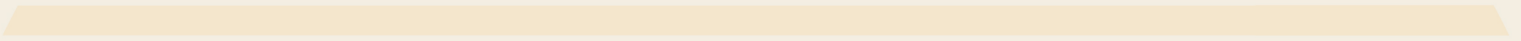
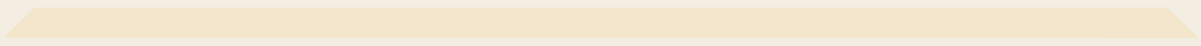
Write to the phrase, “the painful eagerness of unfed hope.”

A series of horizontal lines for writing, with decorative abstract shapes in the corners. The lines are light orange and have a slight 3D effect. The corners are decorated with large, flowing shapes in shades of green, orange, and yellow.

Day 55.

“To hope under the most extreme circumstances is an act of defiance that permits a person to live his life on his own terms. It is part of the human spirit to endure and give a miracle a chance to happen.” —Jerome Groopman

That we can't change the world doesn't mean that we can't be a warrior. We can stand defiantly and give miracles a chance to happen. Write to the prompt, “Hope is an act of defiance.”



Day 56.

“I'm beginning to think that to hope isn't the same as to expect something. To hope is to believe that life is an acceptable chaos.”
—Goenawan Mohamad

Write to the prompt, “Life is an acceptable chaos.”

The page features a light beige background. At the top left and right are large, overlapping circles in muted colors: olive green, burnt orange, and terracotta. The bottom corners also feature similar overlapping circles in shades of brown, tan, and sage green. In the center, there are several horizontal yellow lines of varying lengths, designed to serve as a writing area. The lines are arranged in a staggered, stepped fashion, with the top four lines being shorter and the bottom six lines extending across the full width of the page.



Day 57.

“And I sometimes think that a moment of touching is the difference between complete utter despair and the ability to carry on.”

—Eleanor Cameron

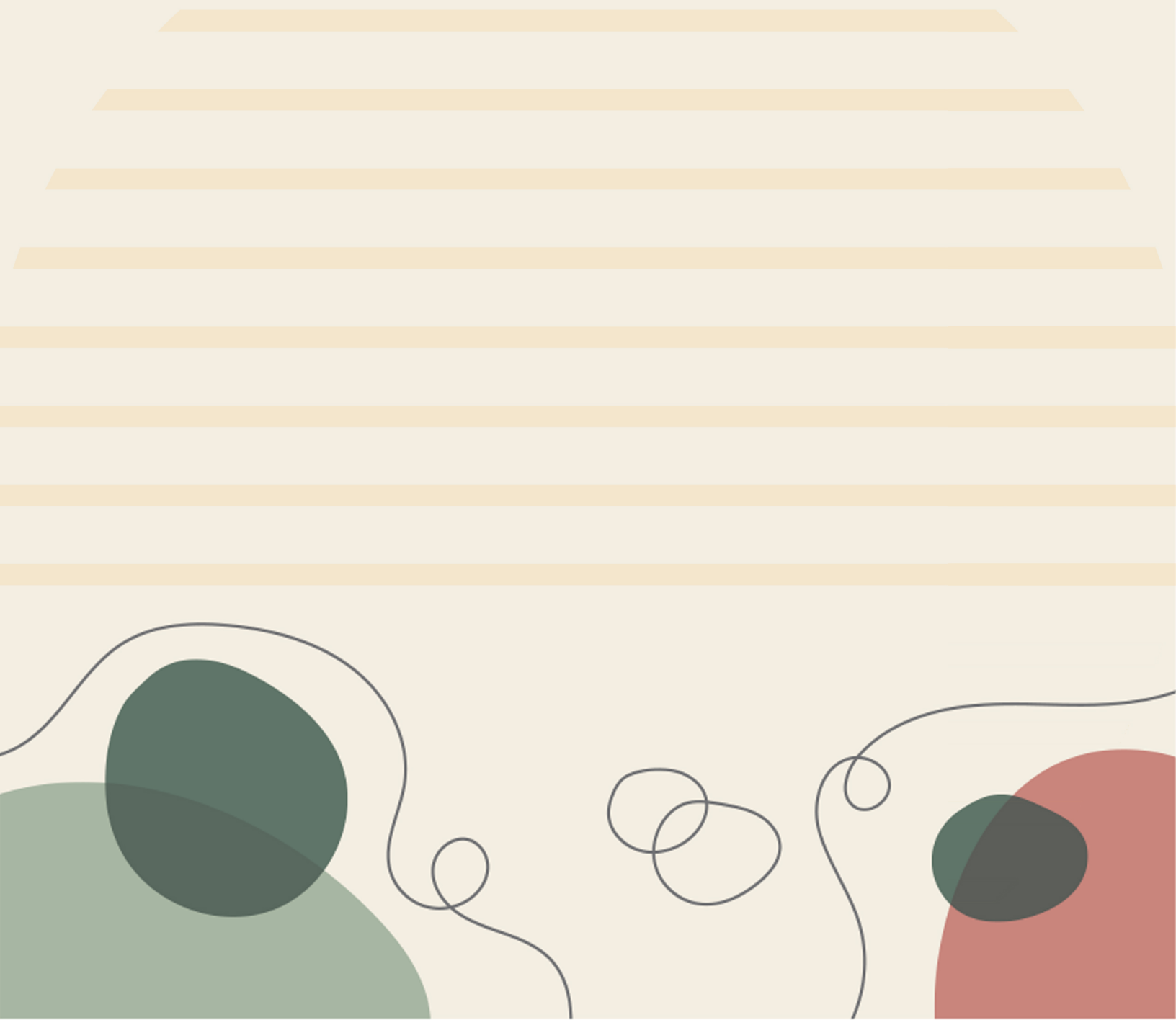
What promotes hope? Touch. Is there someone you can touch today? I hope so! That would be lovely. Write to the prompt, “Hope and touching are connected.”

Day 58.

“I look in the mirror through the eyes of the child that was me.”

—Judy Collins

Hope can fade over time. What can restore it? Remembering the hopeful child that you were. Isn't that child still in you somewhere? Might it be nice to say hello to him or her? What might you say?



Day 59.

"I drink a cup of sunlight every morning to brighten myself."

—Debasish Mridha

What might you drink every morning to brighten yourself?



Day 60.

“And hope is like love ... a ridiculous, wonderful, powerful thing.”

—Kate DiCamillo

Hope is wonderful. Hope is ridiculous. Hope is powerful. How do those ideas combine for you?



Day 61.

“The restless spirit never loses its wings. If sometimes it cannot fly, it is because during those moments the sky vanishes.” —R. N. Prasher

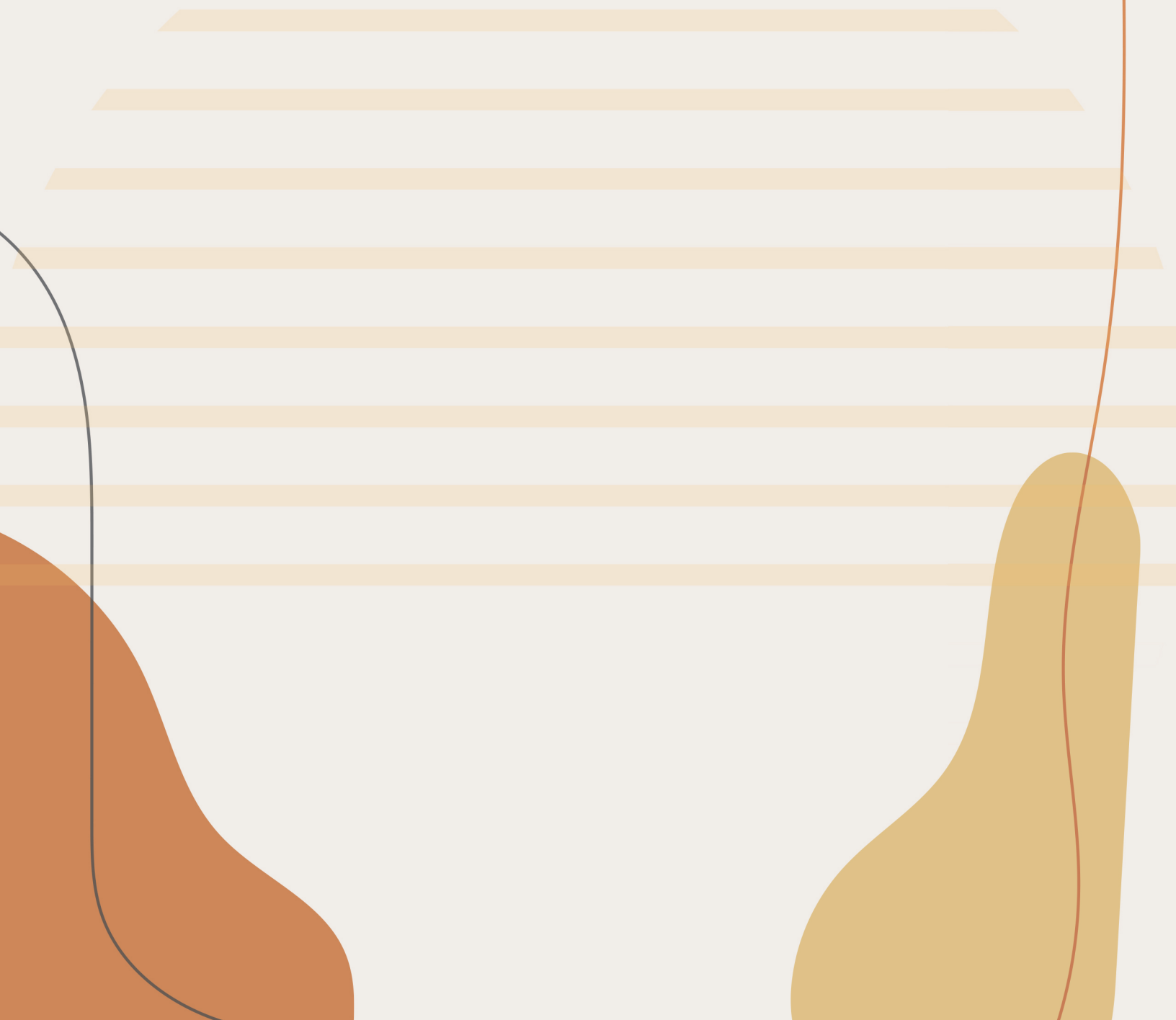
Probably you are restless. But that restlessness is itself a sign of hope! It means that you are alive and itching to live. Journal to the prompt, “My restlessness is a sign of hope.”



Day 62.

“Your anchors are holding firm and they permit you both comfort in the present, and hope in the future.” —Boethius

Your life purposes are your anchors. They anchor you to what’s important. Play with the image of “life purposes as anchors” and see where it leads.



Day 63.

“I don't buy the idea of second chances. With hope, we make a lot of chances.”—Toba Beta

Do we have only a first chance and a second chance? Or do we have many chances? Journal on that question.

The journaling area consists of several horizontal lines for writing. The top four lines are yellow with a 3D effect, while the remaining six lines are simple, thin yellow lines. The page is decorated with abstract organic shapes in orange, green, and yellow at the corners and bottom.



Day 64.

“Hope attracts chances.”—Toba Beta

Want to make your own luck? Have hope. Journal to the prompt,
“Hope opens the door to opportunity.”



Day 65.

“Now I'm making a decision. I choose life.”—Tayeb Saleh

Isn't hope something like a decision? The decision to choose life? Journal to the prompt, “I choose life today.”

Day 66.

“I’ll admit that my garden now grows hope in lavish profusion, leaving little room for anything else. I suppose it has squeezed out more practical plants like caution and common sense. Still, though, hope does not flourish in every garden, and I feel thankful it has taken root in mine.”

—Sharon Kay Penman

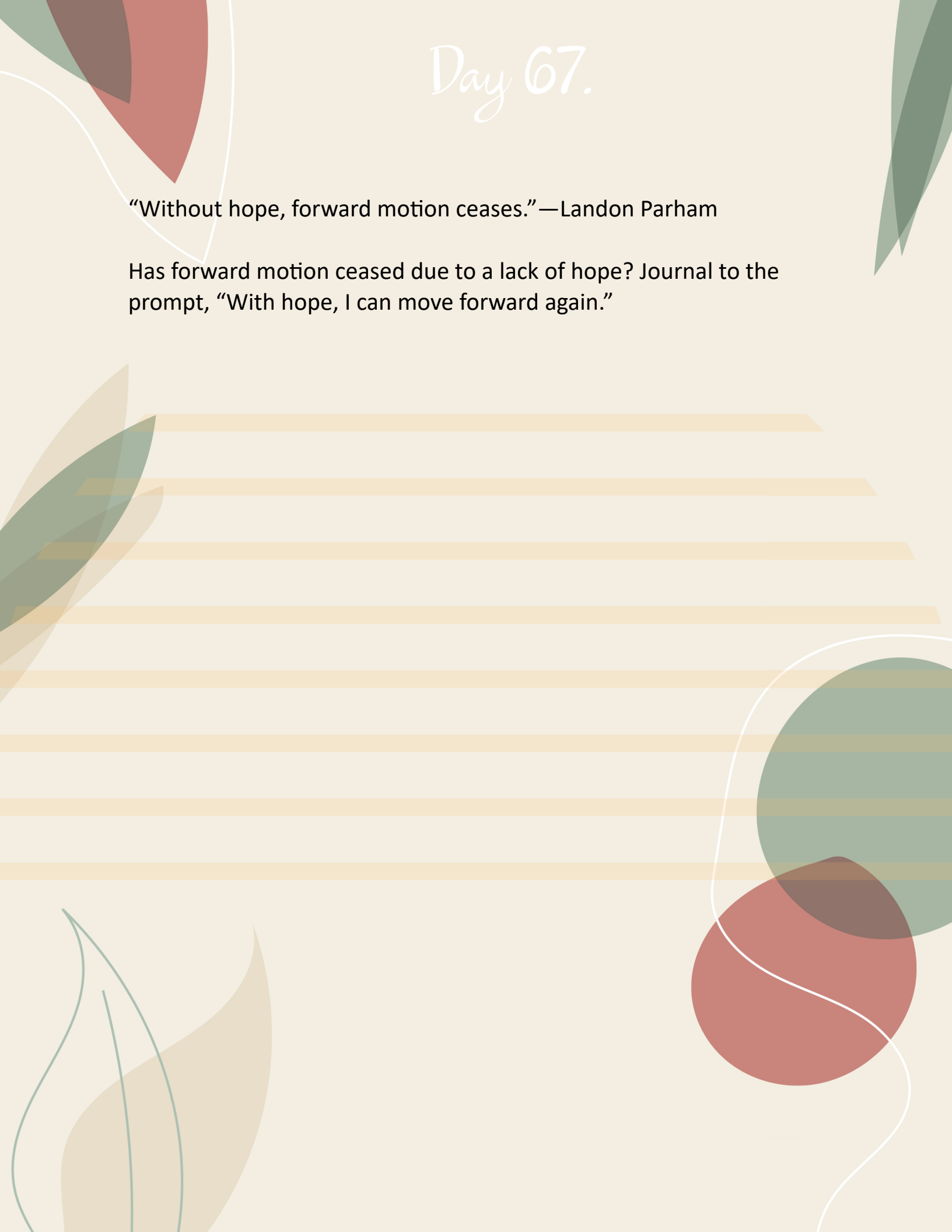
Is hope flourishing in your garden?



Day 67.

“Without hope, forward motion ceases.”—Landon Parham

Has forward motion ceased due to a lack of hope? Journal to the prompt, “With hope, I can move forward again.”



Day 68.

“Worrying requires way more energy than hoping, which—unlike worrying—is energizing.” —Mokokoma Mokhonoana

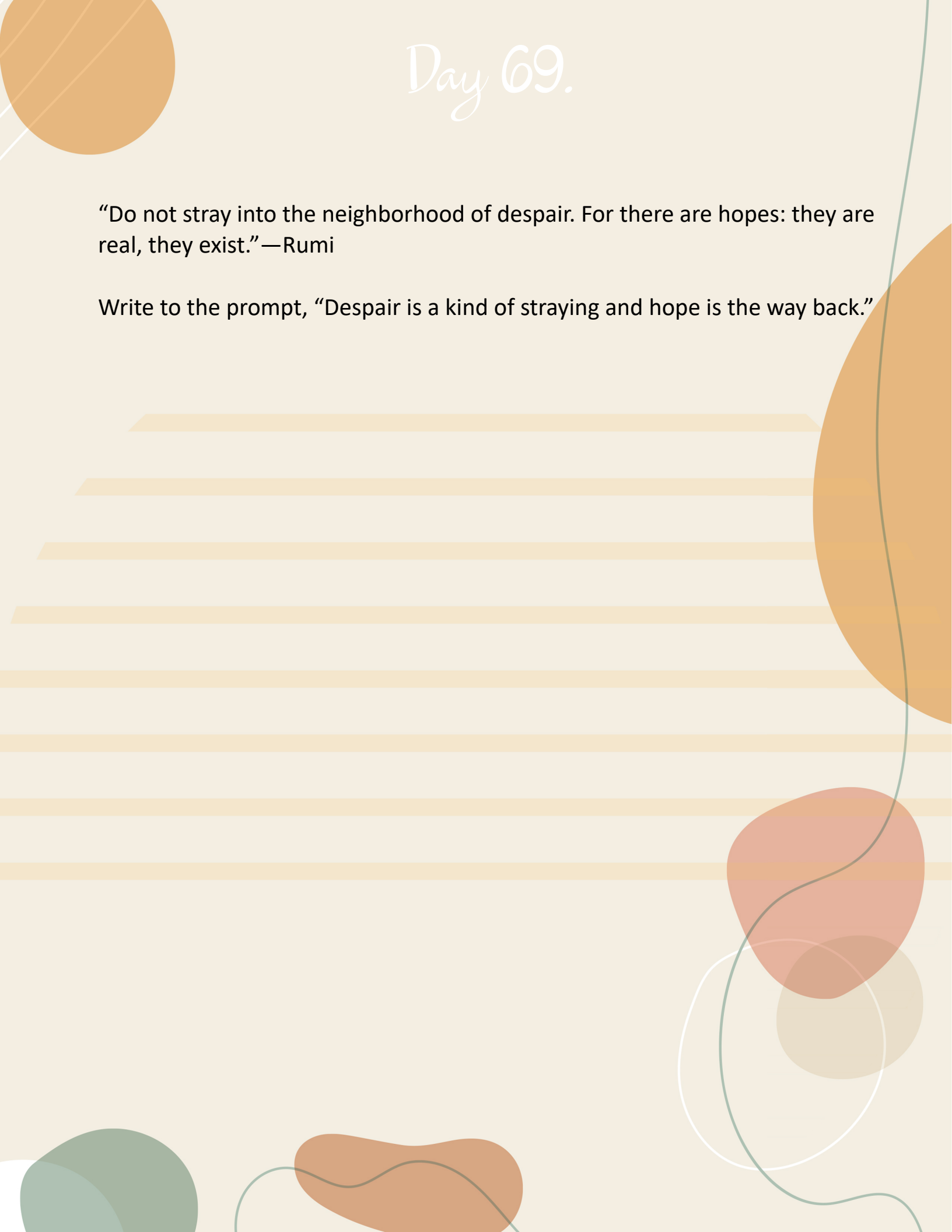
Write to the prompt, “Hope is energizing.”



Day 69.

“Do not stray into the neighborhood of despair. For there are hopes: they are real, they exist.” —Rumi

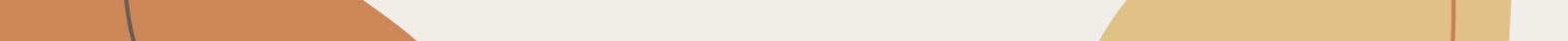
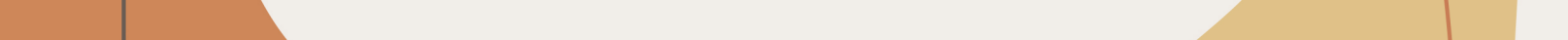
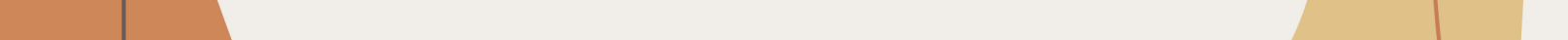
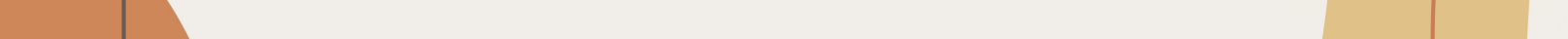
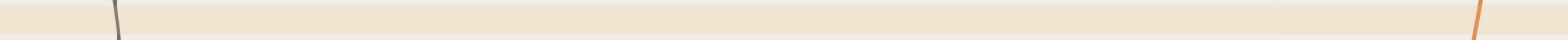
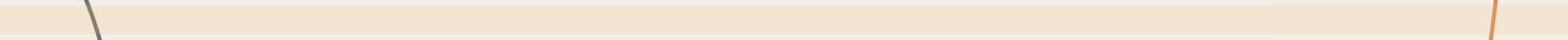
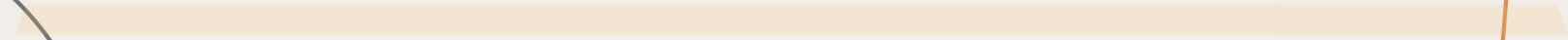
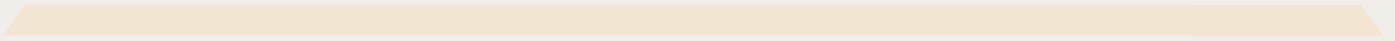
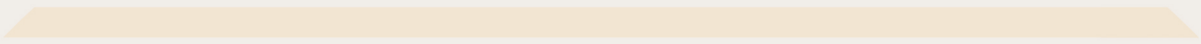
Write to the prompt, “Despair is a kind of straying and hope is the way back.”



Day 70.

“Brooklyn was a dream. All the things that happened there just couldn't happen. It was all dream stuff. Or was it all real and true and was it that she, Francie, was the dreamer?” —Betty Smith

I remember the Brooklyn of my youth very fondly. My remembered Brooklyn makes me hopeful. Might there be something in your past that makes you hopeful today?



Day 71.

“Hope doesn't care about the problems that have already been solved. Hope cares only about the problems that still need to be solved.” —Mark Manson

Hope is a forward-looking sort of thing. It has its eye on today, tomorrow, and every tomorrow. Write to the prompt, “Hope cares about today and tomorrow, not about yesterday.”

The background features several abstract, organic shapes in muted colors: a large orange shape in the top left, a green shape in the top right, and a yellow shape in the bottom right. Thin, curved lines in orange, green, and grey sweep across the page. The writing area is defined by a series of horizontal lines: four short, angled orange lines at the top, followed by six long, thin orange lines, and a final long, thin green line at the bottom.



Day 72.

“He who plants a tree, plants a hope.” —Lucy Larcom

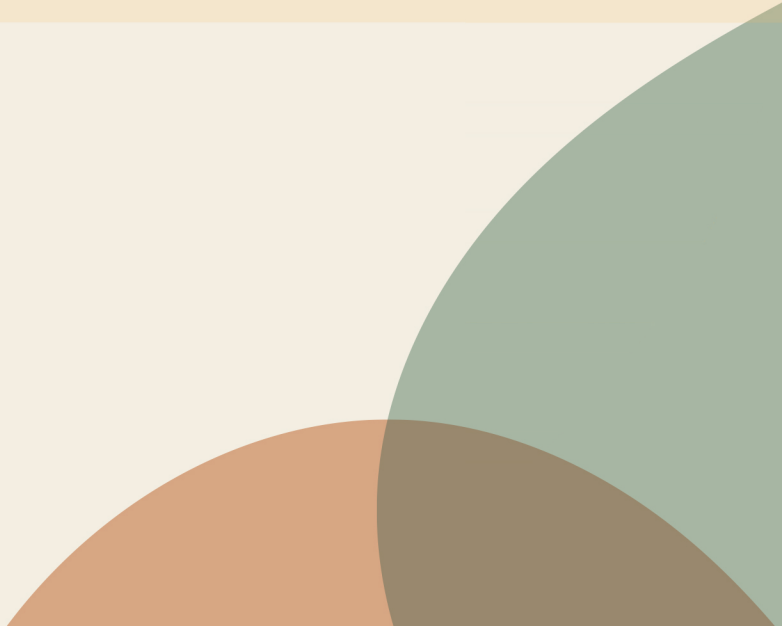
Write to the prompt, “I cultivate hope.”



Day 73.

“You could sit in there all day drinking coffee and they never asked you to leave no matter how bad you looked. Places like that gave you hope when there wasn’t much hope.” —Charles Bukowski

Are there places that give you hope? Describe that experience.



Day 74.

“What is false about hope?” —Mitch Albom

There are no statistics on hope. No tests as to whether “hope works.” Nothing to put into evidence as to whether hope is “true” or “false.” Write to the prompt, “What is false about hope?”



Day 75.

“A dried plant is nothing but a sign to plant a new one.” —Priyansh Shah

What is a spent flower? Something to mourn? Or a signal to plant? Write on the theme of hope and renewal.



Day 76.

“Hope is a helium balloon.”—Sharon Weil

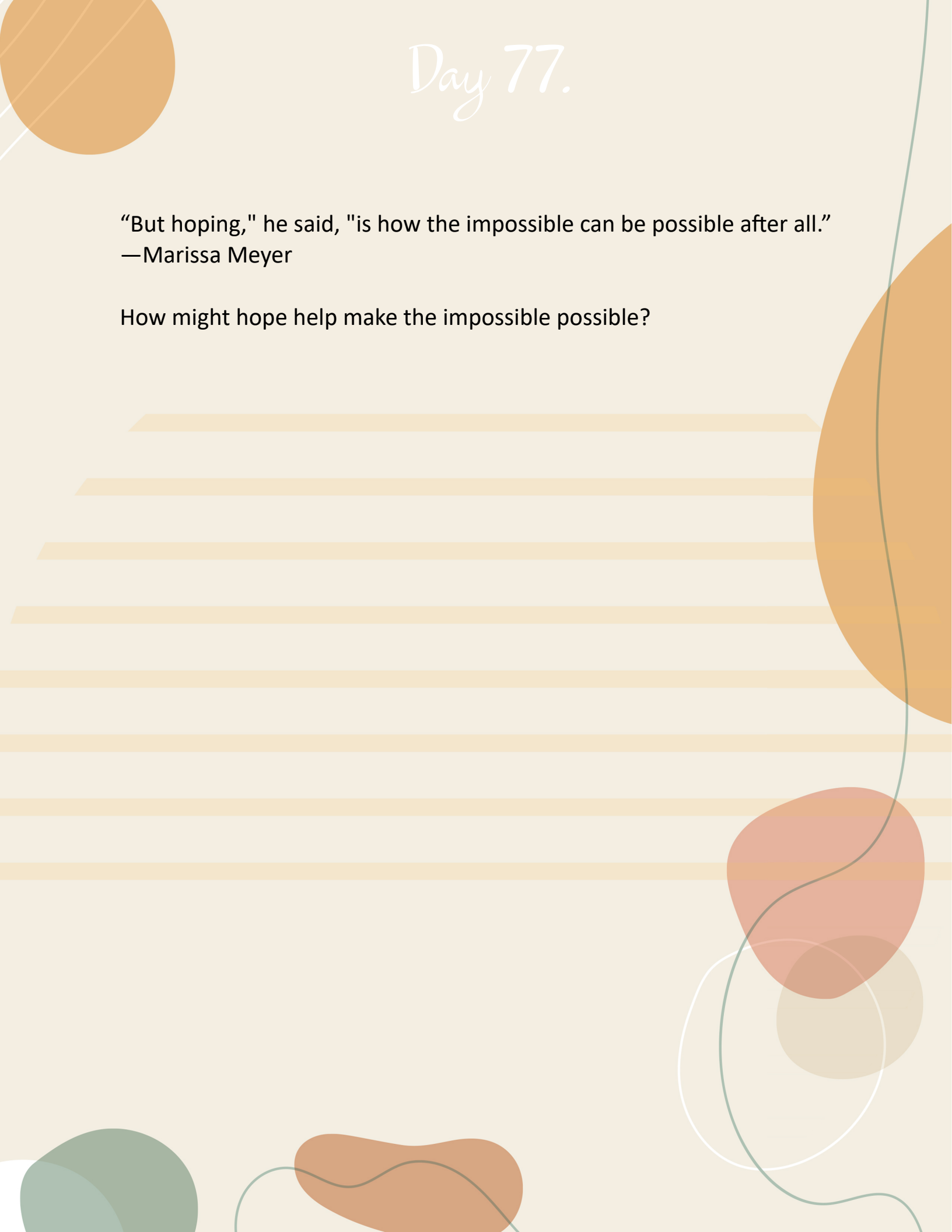
What might send your hope soaring?



Day 77.

“But hoping,” he said, “is how the impossible can be possible after all.”
—Marissa Meyer

How might hope help make the impossible possible?



Day 78.

“Hope itself is like a star—not to be seen in the sunshine of prosperity and only to be discovered in the night of adversity.”—C. H. Spurgeon

Describe a star of hope in a night of adversity.



Day 79.

“There are few injustices deeper than the denial of an opportunity to strive or even to hope.” —Stephen Jay Gould

Have you been denied the opportunity to hope?

The background features abstract organic shapes in shades of orange, green, and yellow. A series of horizontal lines, some solid and some dashed, are positioned below the text, serving as a guide for writing. The overall design is clean and modern, with a focus on the text and the reflective question.

Day 80.

“If you lose hope, somehow you lose the vitality that keeps you moving, you lose that courage to be, that quality that helps you go on in spite of it all.” —Martin Luther King, Jr.

Write to the prompt, “To regain the vitality I need, I choose hope.”

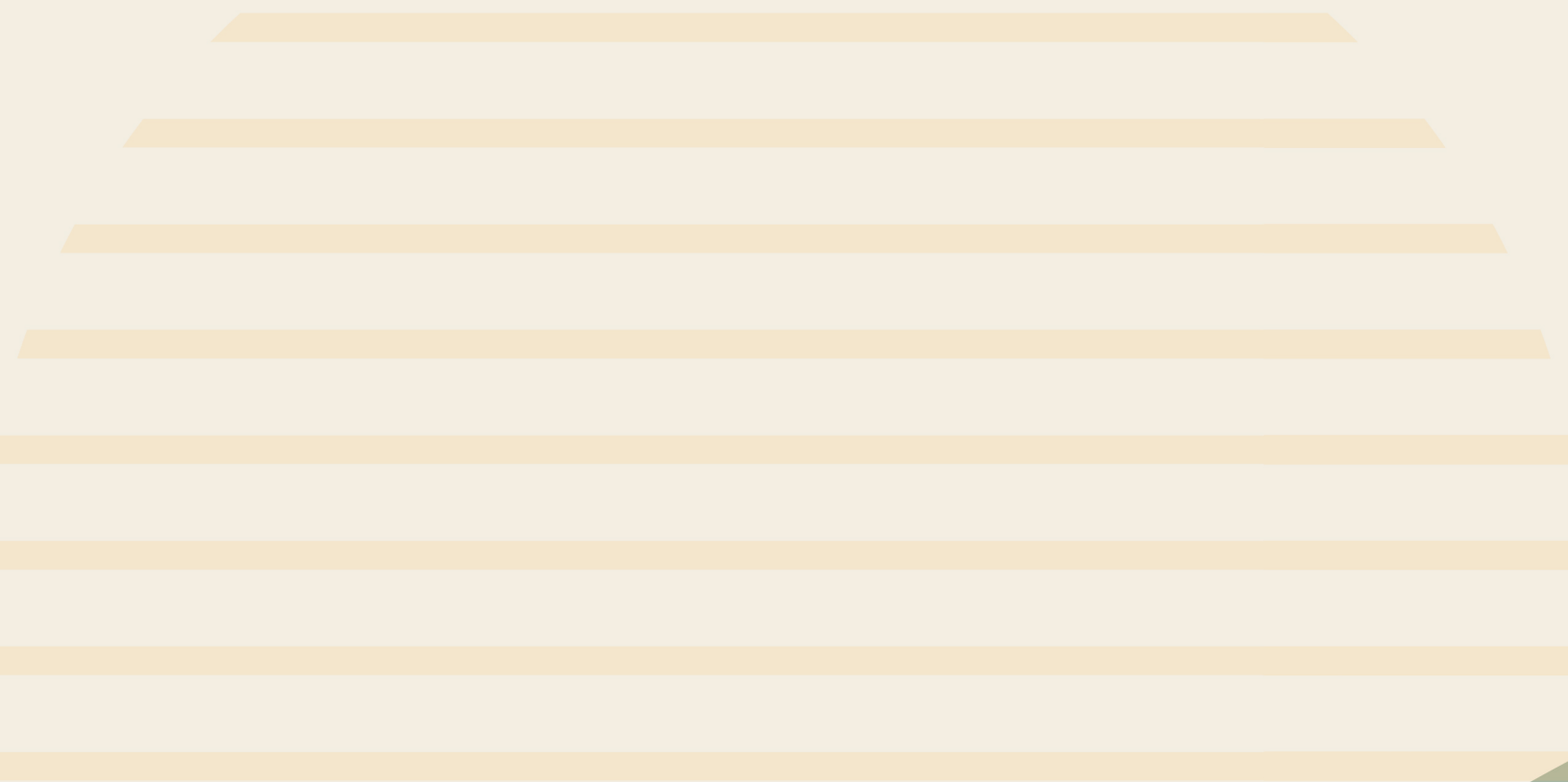
The writing area is composed of several horizontal yellow lines of varying lengths, followed by a series of thin, parallel yellow lines extending across the width of the page.



Day 81.

“When hope is fleeting, stop for a moment and visualize, in a sky of silver, the crescent of a lavender moon.”—Vera Nazarian

Picture a beautiful thing, dwell on it for a moment, and write about the experience.

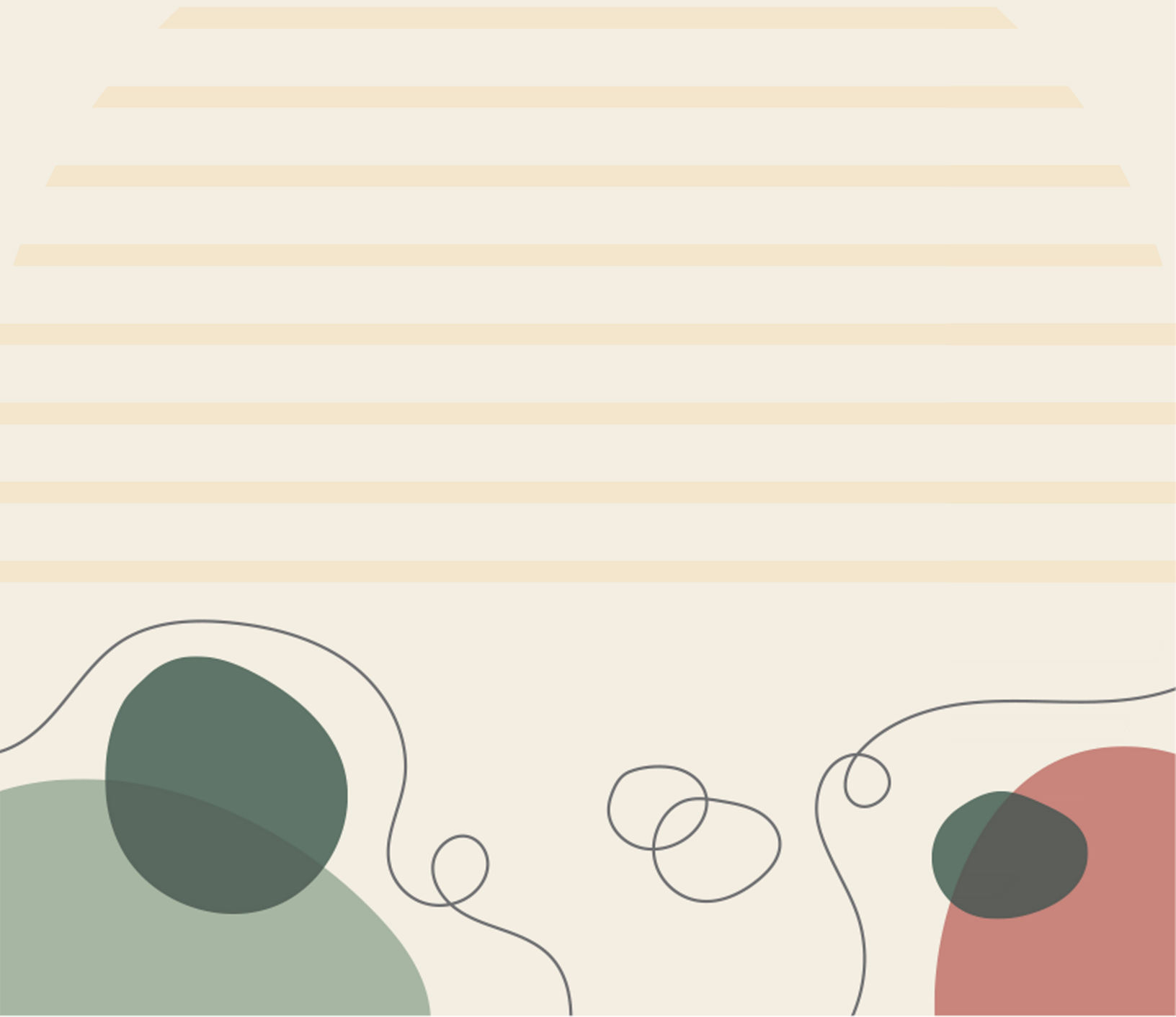


A series of horizontal yellow lines for writing. The first four lines have angled ends, while the remaining lines are solid horizontal bars.

Day 82.

“To hope is to give yourself to the future—and that commitment to the future is what makes the present inhabitable.” —Rebecca Solnit

Write to the prompt, “The present is habitable because of my commitment to hope for the future.”



Day 83.

“Is the soul a source of hope or despair?” —Fyodor Dostoevsky

Human beings can despair. Human beings can also hope. Are we one, are we the other, or are we both? If we are both, does that mean that we get to choose one over the other? Write to that question.



Day 84.

“Yes, there is a part of me that is broken. But my broken soil gives way to my wild roses.” —C. JoyBell C.

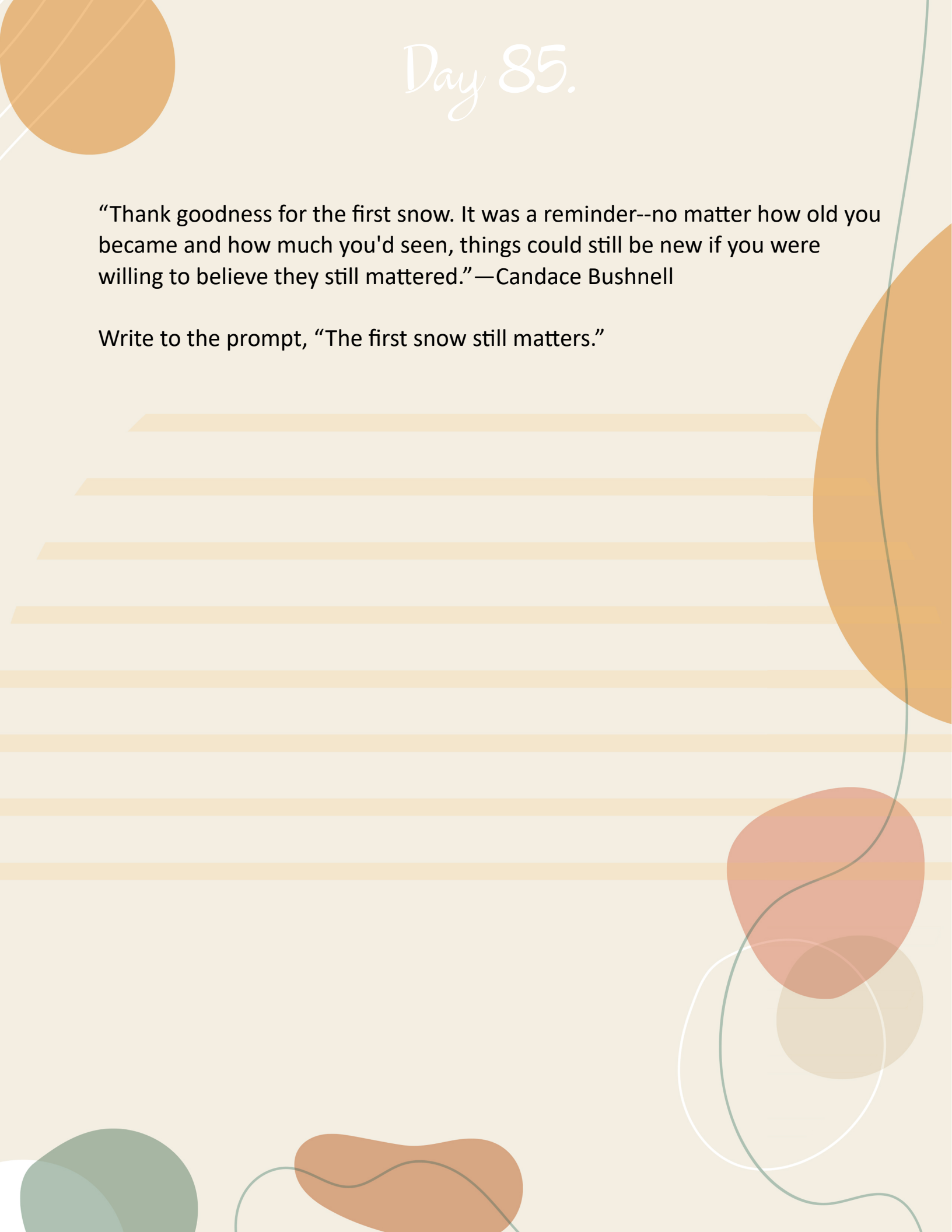
Write to the prompt, “I do not need to be whole to be hopeful.”

The background features a light beige color with several abstract elements. In the top right, there are overlapping circles in shades of green and red. A thin, light green line curves from the top right towards the bottom right. On the right side, there is a large, dark green circle. At the bottom left, there is a smaller dark green circle. At the bottom center, there is a large, dark green semi-circle. The central area of the page is filled with horizontal, slightly wavy lines in a light yellowish-beige color, providing a space for writing.

Day 85.

“Thank goodness for the first snow. It was a reminder--no matter how old you became and how much you'd seen, things could still be new if you were willing to believe they still mattered.” —Candace Bushnell

Write to the prompt, “The first snow still matters.”



Day 86.

“Our visions become self-fulfilling prophecies. Dreams are maps.”
—Carl Sagan

Create a dream or map of hope.



Day 87.

“The only reason I don't believe in happy endings is because I don't believe in endings.” —Edward Abbey

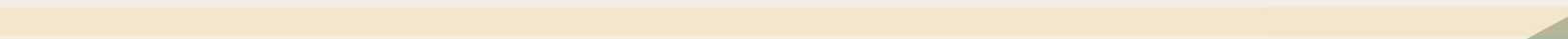
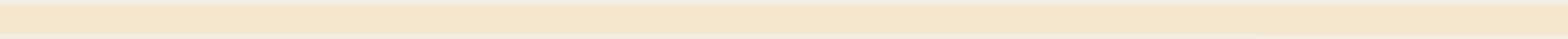
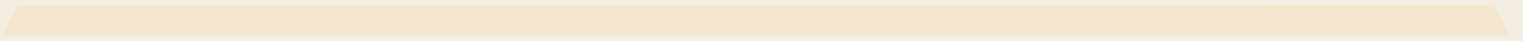
Write to the prompt, “Nothing has ended yet.”

A series of horizontal lines for writing. The first four lines are slanted upwards from left to right. The remaining lines are straight and horizontal. The lines are a light beige color and are spaced evenly down the page.

Day 88.

“He cursed himself for having assumed the weather would be sunny. Perhaps it was the result of evolution, he thought—some adaptive gene that allowed the English to go on making blithe outdoor plans in the face of almost certain rain.” —Helen Simonson

Is it silly—or hopeful—to keep blithely making outdoor plans in the face of almost certain rain?

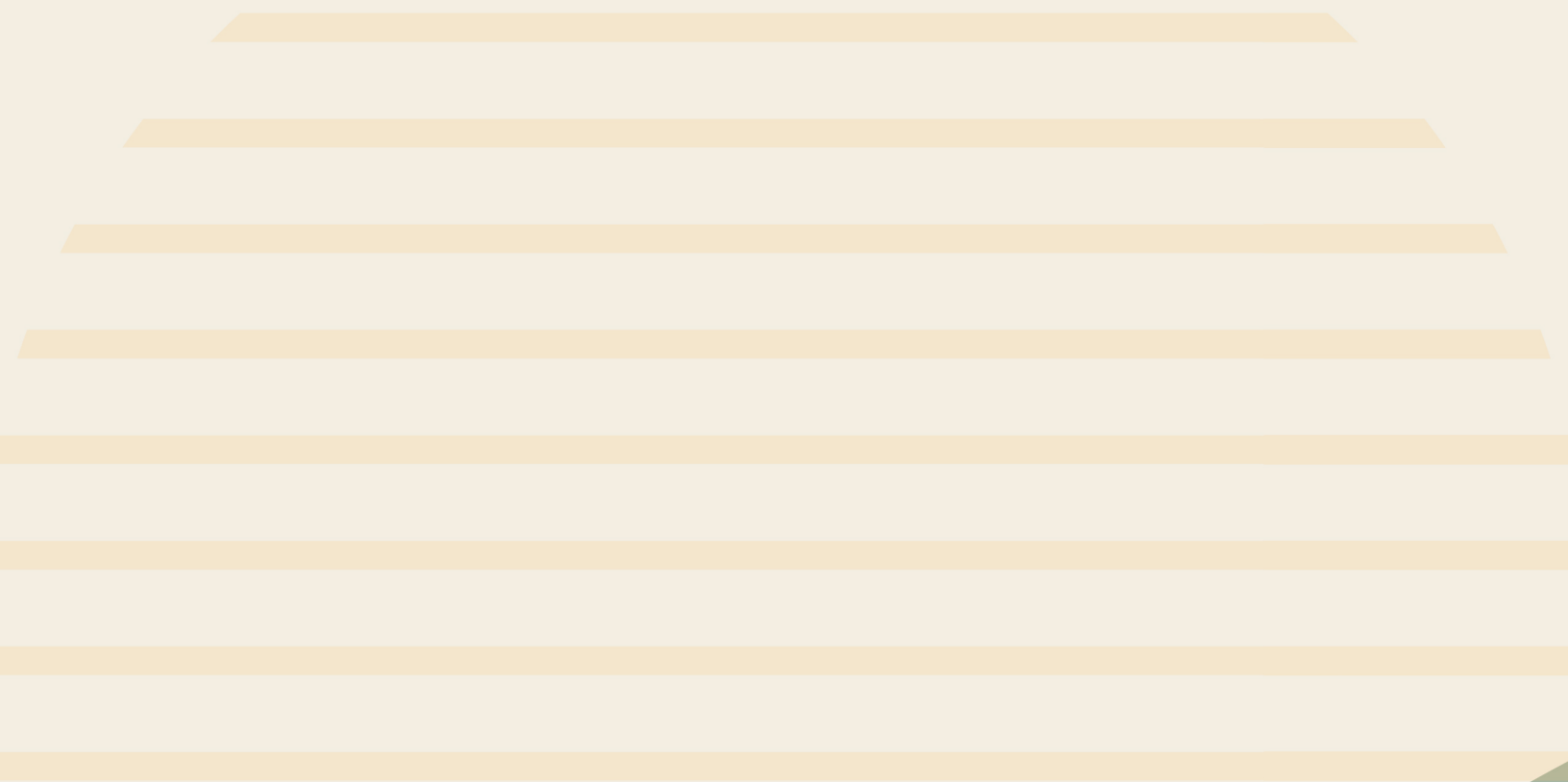




Day 89.

“Hope does not leave without being given permission.” —Rick Riordan

Have you invited hope to leave? Invite it back! Create a written invitation.



Four slanted lines for initial practice, followed by six horizontal lines for writing the invitation.

Day 90.

“The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof.” —Barbara Kingsolver

Write to the prompt, “I live inside my hope, under its roof.”



About Eric Maisel

Eric Maisel is the author of 50+ books. His interests include creativity and the creative life, life purpose and meaning, mental health and emotional wellbeing, and critical psychology and critical psychiatry. His books include *Coaching the Artist Within*, *Fearless Creating*, *The Van Gogh Blues*, *Life Purpose Boot Camp*, *Mastering Creative Anxiety*, *The Future of Mental Health*, *Why Smart People Hurt*, *Why Smart Teens Hurt*, *The Power of Daily Practice*, and *Redesign Your Mind*.

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