



CAN I PROCEED WITH HOPE IN THE FACE OF THE CLIMATE CRISIS?

1
Examples of Hope Tools

- Gratitude Journal
- Walking in the woods

7
My pathways around these obstacles are:

2
A time when I can use a hope tool for environmental action is:

6
When is having hope hard for me:

3
My hope tool is:



5
My action steps are:

4
A goal I have in using it is: