

Thought Starters on Hope

Below are some ideas to get you thinking about hope this season. Use them as journal prompts, daily intentions, or just things to consider throughout the month.

1. Hopefulness to me is...
2. My goals to build hope include...
3. When I look at all of the things I'm doing to build my family, I feel hopeful because...
4. One thing I'm doing to build my family that drains me is...
5. What I need most today is...
6. What I need from my care team in my fertility journey is...
7. Setting fertility aside, these 5 things typically make me feel hopeful...because...
8. I believe our world can be a better place because...
9. Today, I am grateful for...
10. I can show kindness today by...
11. The greatest gift I have to offer the world is...
12. One thing I wonder about is...
13. What I hope for my partner this season is...
14. I trust the professionals who are helping me on my fertility journey because...
15. Today, I will say "no" to...
16. What am I worried about that is within my control? For those worries not in my control, how can I start to let them go?
17. I can show love to my partner today by...
18. Today, when I start to worry, I will do one of these things instead:
19. One of the most wonderful things about this season is...
20. One thing I've always wanted to try is...
21. I'd like to teach my child about hope by...
22. What does hope look like? (Describe or draw the image that comes to your mind.)
23. Someone who I think is really hopeful is... because...
24. My greatest lesson in hope came when...
25. I am most at peace when...