



MARCH 2021

Three Ways To Create Hope In Your Life

Photo by Nick Fewings, Unsplash

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." - Jer 29:11

Today, I saw my first robin of the year. It's always my barometer that Spring, and golf season, are not far off. It brings such a sense of renewal and hope! The month of "March", brings the first day of spring and with it, the promise of new beginnings.

For reasons well known to all of us, Spring this year brings a special kind of hope. I'm seeing it in the colors of greener grass and the purples of the crocuses. I'm hearing it in the lightness of people's voices. Hope is coming with the introduction of the vaccine and the increase of jobs and employment. The decrease in Covid cases. Hope is being shed all around us and fear is diminishing.

No, not everything has been resolved. People still don't have jobs and have lost their loved ones. Many still battle depression. And for others, the novelties of working remotely are getting old.

But without hope, we perish. And as humans, we have the gift of creating hope for ourselves even when all may seem at its darkest. Hope has its roots in faith. Faith that things will improve. Faith that we are loved. Faith that we can do it.

So here are three ways that you can create hope in your life. They will require discipline on your part but keep in mind the end results – hope!

1) Be Mindful: Practicing mindfulness helps reduce stress and improve mood. It also helps you to become emotionally alert, listen more attentively,

and communicate more clearly. It also increases your self-awareness and your awareness of others. Take deep breaths when feeling stressed out. Think intentionally about what your life's purpose is. HOPE.

2) Be Physical: According to the National Institutes of Health, aerobic exercise and other forms of movement are linked to a reduction in depression and anxiety. Healthy minds allow human beings to understand life experiences and stay in touch with their emotions. Endorphins are released during exercise that interacts with the receptors in your brain reducing your perception of pain and triggering a positive feeling in your body and mind. Results? HOPE.

3) Be Grateful: Gratitude is consistently associated with greater happiness. Gratitude helps people feel more positive, allows you to relish good experiences, improve your health, deal with adversity, and build strong relationships. You have more blessings in your life than you are aware of. Making lists of these brings them into your consciousness and creates HOPE!

REMOTE WORK QUICK TIP!

Assumptions kill relationships!

Especially when working remotely.

Ask more questions to dig deeper and create dialogue.

"Can you help me understand?"
"What was the impact?"
"How can I help you?"

Only questions create true understanding.



Upcoming Speaking Events

"Excuse Me...My Change Style is Showing"

Friday, April 23, 2021

9:00-10:30 AM

Lancaster Society for Human
Resources Management
Spring Conference

[Register Here](#)

"Excuse Me...My Change Style is Showing"

Tuesday, May 4, 2021
7:00-9:00 PM
L&D Professionals of Greater
Philadelphia



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