

Make Hope Practical

Turn a meaningful goal into a possible next step.

Hope has more traction when a person can name something worth moving toward and see a path that fits real life. The next action should be small enough to try, even when the larger goal still feels distant.

FOUR MOVES TO TRY

01 Choose a near goal

Ask what would be a little better in the next few days.

02 Find a workable route

Explore more than one way to move toward it.

03 Shrink the first action

Make the next step specific and manageable.

04 Notice agency

Name what the person chose or tried, even when progress is incomplete.

TWO WAYS TO APPLY IT

YOUNGER CHILD

A child wants mornings to be easier. Agree on one part of the routine to practice tomorrow.

TEENAGER

A teen wants less conflict about school. Choose one conversation or check-in to try this week.

COACH THE CAREGIVER

Ask the caregiver what feels possible within the family's time, energy, and resources.

TRY IT THIS WEEK

Ask someone for a near goal, two possible paths, and the smallest action they would choose first.

REFLECTION

Am I offering optimism without helping the person see a credible path?

SAFETY AND PRACTICE

Do not promise outcomes or treat a difficult barrier as a lack of motivation.

AUTHORSHIP AND CONTEXT

Dr. Charles Pemberton, Ed.D., developed the original Clinical Perspectives materials for the FITT team while serving as Clinical Program Director at Omni Family of Services. This website adaptation is for general education; it does not state current Omni or FITT policy. Publication rights review is pending.