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# What Hopes Do You Hold for Your Life?

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Alaya Linton | Hope+Cents





# *action step:* **develop a hopeful action plan**

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Is there an area of your life or a specific situation that you feel hopeless about?  
Name the situation and commit it to GOD right now.

Record a **statement of hope** about the situation.

*God, I hope (expect, desire, trust) that...*

What are some specific action steps you need to take in order to realize that hope / desire / expectation?

What is **one** action step you can focus on now? Write it down and commit to working on it.

# *action step:* develop a hopeful action plan

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Print out this worksheet for each of the following areas of your life.  
Walk through the steps outlined below for each area.

- |   |  |  |   |
|---|--|--|---|
| <input type="checkbox"/> <b>Spiritual</b> | <input type="checkbox"/> <b>Career</b> | <input type="checkbox"/> <b>Physical</b> | <input type="checkbox"/> <b>Personal Growth /</b> |
| <input type="checkbox"/> <b>Financial</b> | <input type="checkbox"/> <b>Family</b> | <input type="checkbox"/> <b>Social</b>   | <b>Self-Care</b>                                  |

Are you currently in the cycle of hope or the cycle of hopelessness in this area?

What are your hopes (expectations, desires,) for this area of your life? Record a **statement of hope**.

*God, I hope (expect, desire, trust) that...*

What are some specific action steps you need to take in order to realize those hopes / desires / expectations?

What is one action step you can focus on in this area? Write it down and commit to working on it.

# Go Deeper

## Hey there, Friend!

Thank you so much for attending the "What Hopes Do You Hold for Your Life" session!

I hope you enjoyed our time together and walked away with a greater understanding of the importance of a hopeful mindset in your life.

I would love to connect with you further! I invite you to visit [hopeandcents.com/selfcare](https://hopeandcents.com/selfcare) where you can explore coaching solutions, book a complimentary consultation with me, and take advantage of bonuses just for conference attendees.

See you there!

*Alaya*



### *DIY COACHING*

- On-demand coaching
- H.O.P.E.F.U.L. Money Plan



### *GROUP COACHING*

- 12-week group coaching experience



### *PRIVATE COACHING*

- one-on-one customized support + accountability

[hopeandcents.com/selfcare](https://hopeandcents.com/selfcare)

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