

7 DAYS *of* HOPE CHALLENGE



A 7-day journey to reignite
hope in your life



7 DAYS *of* **HOPE** **CHALLENGE**

This challenge is about inviting hope into your life and helping you share it with the world around you.

Over the next 7 days I encourage you to do each of the following every day:

See Hope: Find examples of hope in the world around you and truly see and understand them.

Receive Hope: Let the hopefulness of others invite you to be more hopeful. Be open to receiving hope in all its forms.

Give Hope: Understand that we all need others to lift us up. Spread hopefulness wherever you can through your words, actions, and thoughts.

Each day, read the inspiration for that day and use it to guide you as you see hope, receive hope, and give hope. Write about your experience so you can remind yourself of the hope in each and every day.

Day 1

**PAUSE
AND
REFLECT**



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"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."

— Jeremiah 29:11

When things get hard in our lives, it is easy to feel like nothing will ever go right again. We immediately worry that this is what life will always be: struggle, anxiety, stress, pain.

Every negative scenario fills us with dread and we end up losing a greater perspective.

In these moments, it's important to pause, reflect, and remember that the future is always in God's hands, and He has a good plan.

No matter what's happening right now, there is ALWAYS hope. When things get difficult, pause and reflect on the hope God has for you and the world.

Where did I see hope today?

How did I receive hope today?

How did I give hope today?

Day 2

**POSITIVE
IN THE
NEGATIVE**



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"Keep your face to the sunshine and you cannot see a shadow."

— Helen Keller

Sometimes all it takes to have hope in a situation is a shift in mindset.

As I've said before, God truly will use everything for good. I cannot emphasize this enough. In my own life, with God's grace, the very things that almost killed me gave me life.

This is why you'll constantly hear me say: "There is beauty in the broken."

Negative events can have positive effects. We can learn and we can grow. Difficulty or even trauma can be the catalyst for success and triumph.

Hope keeps us looking for the positive in all situations. And hope allows us to see it.

Where did I see hope today?

How did I receive hope today?

How did I give hope today?

Day 3

**PRACTICING
GRATITUDE**



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“Careful for nothing, prayerful for everything, thankful for anything.”

— Dwight L. Moody

No matter how hard things get there is always something to be grateful for. Gratitude improves our outlook on life. Appreciating what we have can make us feel more optimistic and satisfied, and experience less frustration, envy, and regret.

Gratitude can directly lead us away from hopelessness and towards hope. It is always possible to catch a glimmer of hope from unexpected places when we look with gratitude at what we have.

Think about what and who you are grateful for today (and every day). Be thankful for the presence of God in your life and the hope he brings.

Practicing gratitude makes you better equipped to handle what comes your way with a hopeful spirit.

Where did I see hope today?

How did I receive hope today?

How did I give hope today?

Day 4

**HOPE IS
A TEAM
SPORT**



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**"We cannot live only for ourselves. A thousand fibers connect us
with our fellow men."**

— Herman Melville

Hope is a team sport. When we are personally low on hope, we can borrow from others, and when we are overflowing with hope we can give to others.

Creating a network of people who can lift us up when we are down is one of the greatest ways to remain hopeful in any situation. Community can help us see a great perspective. They can remind us of the ways we or others have struggled before and made it through. Your church community is a great place to find hope and inspiration.

When you are feeling a little hopeless, connecting with someone you care about might just be the thing you need to bring a dose of much needed encouragement.

Where did I see hope today?

How did I receive hope today?

How did I give hope today?

Day 5

**LISTEN
AND
LEARN**



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“Hardships often prepare ordinary people for an extraordinary destiny.”

— C.S. Lewis

There are so many stories of hope around us. Everywhere we look, people are living examples of hope. Today, make it a point to do two things.

Ask someone — a family member, friend or even a stranger — to tell you a story about a meaningful time in their life. Listen deeply and intentionally.

Read, watch, or listen to something about an inspiring and hopeful person. Truly pay attention to why they were able to remain hopeful in the face of adversity.

When you hear a story about the love, wisdom and courage that fill people’s most important moments, it can transform how you see your own life and the defining moments you have experienced.

Where did I see hope today?

How did I receive hope today?

How did I give hope today?

Day 6

**CHANGE IS
ALWAYS
POSSIBLE**



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“Therefore, once you have your minds ready for action and you are thinking clearly, place your hope completely on the grace that will be brought to you when Jesus Christ is revealed.”

— 1 Peter 1:13

Do you sometimes feel like it's hard to be hopeful about the future because you are stuck in a cycle of hopelessness? We have two choices...

Choice #1: Resign ourselves to the way things are.

Choice #2: Open ourselves up to the possibilities that exist for everyone.

While we can't always control the circumstances, we can control the choices we make.

If you've been following me for a little while, you know that I have had to embrace change many times in my life. I was stuck in negative cycles, and had to break those by making different choices. I had to have hope. I had to trust in God. You can make these same kinds of choices.

Where did I see hope today?

How did I receive hope today?

How did I give hope today?

Day 7

**A VISION
FOR THE
FUTURE**



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“It seems to me, we have a lot of story left to tell.”

— Walt Disney

A great way to keep hopefulness in our lives is to actively think of what we can look forward to beyond this exact moment.

This is important in so many aspects of life: health and fitness, careers, family planning, finances. There are many questions we can ask ourselves to keep hope and happiness flowing:

- What does a positive future look like when we find our breakthrough?
- What kind of book could we write?
- What about getting that dream job or even starting a business?

Thinking about a future vision always inspires hope and reminds you there is another chapter still to come.

Where did I see hope today?

How did I receive hope today?

How did I give hope today?

THANK YOU *for* CHOOSING HOPE!

I'm so glad you spent a week finding AND sharing hope.

Our world needs hope more today than ever before. I need it. You need it. And I believe we can change the world by shining a light in dark places.

I'd love for you to join me on my journey toward hope in three ways:

Every week, I share hope-filled content on my free newsletter, The Howard Hustle. I host the When Words Don't Come Easy podcast. And I wrote a bestselling book sharing our story of massive hope.



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ANDY HOWARD

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