



Dr. Snyder's Hope Theory

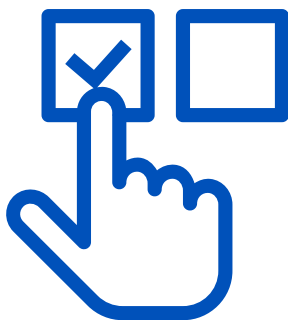
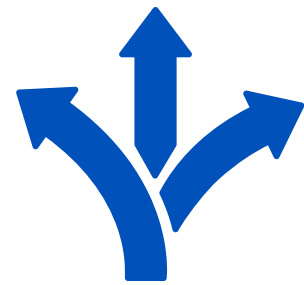


Hope - The confident expectation that you can navigate your chosen pathways with your agency to achieve your desired goals. It says with your effort, you have the power to shape your future.



Goals - Clear and motivating aims that provide direction and meaning to our efforts.

Pathways - Multiple options and strategies we identify to reach our desired future.



Agency (Motivation) - Our ability to believe we have the power and capacity to act towards our goals.



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Adapted from the works of Dr. Snyder's Hope: Rainbows in the mind.

Do you feel your Agency (Motivation) is Waning?

- Add your goal to your calendar/whiteboard and make it a habit to work towards that goal.
- It's OK if it is imperfect.
- Set mini-goals for the big goal for building momentum and check things off the list as you get to them.
- Reward yourself for your small wins and the big wins.
- Embrace positive peer pressure. Find your friend group that helps you stay focused, engaged, and cheers for you.
- Practice mindfulness. Give back to the community, work on improving your mental and physical well being etc.
- Productivity is great, but do something for yourself that uplifts your mood. For example:
 - Spending time in nature
 - Watch funny videos
 - Exercise
- If you are living the same monotonous life, change it up a little bit. Try watching your lecture video from the green areas around Potter lake instead of your dorm. Come to the libraries and get motivation from peers around you.



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Adapted from the works of <https://www.coursera.org/articles/how-to-motivate-yourself>