

Weekly Wisdom

Grow the Green for You and Your Team



“Once we start to act, hope is everywhere.” -- Greta Thunberg

Cultivate Hope for Your Well-Being

In his book, *Hope for Cynics*, psychologist Jamil Zaki argues that “hope is a more activating, muscular emotion than cynicism or despair, and that hope is necessary for focusing our efforts and creating positive change.”

Hope can be cultivated.

Hope is different than optimism. Optimism is the “belief that things will turn out well.” It may make us feel good, but it can make us complacent. Hope is the belief that things could improve and our actions matter. Things may not be great now, but

“I can envision a better future. I can find the other people who want it and we can work together to try to achieve it.”

People who are hopeful thrive in many ways. They have better mental health, stronger relationships, and higher achievement. They’re also more focused on their important goals. Hopeful people are more likely to engage in civic action, such as voting.

Zaki tells his students, “Think globally and act locally.” Focus on your circle of control, as we say in Wisdom & Wellbeing!