



60 Days / 60 Ways of Finding Hope

We are in stressful times, and it is important that we have hope for better days ahead. The Finding Hope Movement encourages everyone to find their own hope, and to share it with others. This document lists 60 ways to create hope over 60 days. You can take the full 60 day challenge, or work through the list at your own pace.

Want to share your hope? Snap a picture or type a quick message to post on [Facebook](#), [Instagram](#), or [Twitter](#) and use the hashtag #FindingHopeMovement or #FindingHopeWWR. We will amplify your message!

If you are in need of support, please visit our [Supports webpage](#), which has a list of supports and resources available in Waterloo Region.

If you are in crisis or unsure of what services might be helpful, please call Here 24/7 at 1-844-437-3247

Day 1	Create a hope jar : Jot down everything that makes you feel hopeful on scraps of paper and put them in the jar. When you are feeling hopeless, pull one out of the jar to literally find hope.
Day 2	Grow something: There's nothing like nurturing a seed to teach about hope. A pot of flowers grown from a seed will provide a bright spot over the coming darker months. Nurturing life is a great source of hope.
Day 3	Make a list of the most resilient people you know. Set up a time to chat with them - by email, phone or video chat.

Day 4	Build or make something - a birdhouse for the winter, a cake or a gingerbread house, or a little lending library. The process of planning, finding materials and building/making is sure to build hope.
Day 5	Journalling can reduce stress by serving as an escape or emotional release of negative thoughts and feelings. Journaling Prompt: Have your own hopes changed throughout your life? How?
Day 6	Studies show that practicing gratitude can greatly benefit our physical, emotional, mental and social well-being. Gratitude Practise: Create a gratitude collage with pictures of people, places and things you're grateful to have in your life.
Day 7	Ask a child to tell you about a time when they were uncertain but everything turned out okay. Get them to describe their feelings and talk about what they learned. Helping to teach a child nurtures your own sense of hope and wellbeing.
Day 8	Write down three things you're good at and think about what strengths they represent. Put the list on your fridge or on your bathroom mirror, anywhere you will see it often to help remind you of your strengths.
Day 9	Download, print, purchase (or write your own) Positive Affirmations. Put them up around your home or office. Seeing positivity throughout your day will help your mind focus on hope . You can find some Affirmations on our webpages under Resources.
Day 10	Share a story of where/when/how you found hope with your friends during a phone call or zoom chat, with your colleagues at work.
Day 11	Create things to look forward to - make weekends feel like weekends. Make plans to: 'do nothing', read that book, sort out that cupboard. Don't answer work emails or look at any work reports.

Day 12	Make an accomplishment box - write down your small wins and what you did to achieve them. Put them in the box. Read them when you're feeling discouraged to remind yourself of your strength and perseverance.
Day 13	Practicing gratitude by yourself is a great way to start recognizing the positive things in your life. You can solely focus on the gratitude you want to recognize without distractions from others. Gratitude Practice: Start or end each day by taking a moment to think of 2 or 3 things you are grateful for.
Day 14	Enjoy stories of others who found hope and then (you guessed it - share yours). You will find some on our webpage or by following us on social media or using the hashtag #findinghopemovement
Day 15	Make a list of the most positive people you know. Set up a time to chat with them by email, phone or video chats.
Day 16	Create things to look forward to: Put any and all things on the calendar - phone calls, grocery store trips, face mask making - focusing on the future helps to avoid worrying about the present.
Day 17	Journalling has a unique social and behaviour outcome improving your mood and giving you a greater sense of overall emotional well-being and happiness. Journaling Prompt: - What are three of your biggest aspirations right now?
Day 18	Go to your local library (in person or online) and ask them to recommend a good book with a hopeful theme . Make time to sit down and enjoy it (even better with a cup of tea/coffee/hot chocolate).
Day 19	Don't give up on your self care routine . Have your shower, practise your yoga, prepare healthy snacks. Though they may seem small, these activities are the foundation for building up resilience and hope -even when things are really tough - and they are especially important when things are out of your control or unpredictable.
Day 20	Pick a television series and if it isn't already scheduled pick a day and time to watch it. Avoid bingeing it but rather make it a special event for you (or your family) so that you can look forward to it each week.

Day 21	Attend one (or all) of the Carizon 'Finding Hope in the Darkness' workshop series. Registration: bit.ly/3l4A1VH
Day 22	Gratitude gives us a more positive disposition and motivates us to pursue positive pursuits with many known health benefits. Gratitude practise: Write a positive review for a business that recently gave you a great experience.
Day 23	If you are lucky enough to live with family/friends (in your bubble) share hugs often. If you live alone but have a pet hug them. No pet? It may feel silly but try to hug a tree after all they are alive. The act of hugging gets the love and wellbeing chemical oxytocin flowing.
Day 24	Treat yourself. Don't overindulge, but do use the occasional treat to reward yourself because you are getting through this. Have that sweet, take the time for a bubble bath, indulge in the trashy magazine or that guilty pleasure.
Day 25	If you aren't already a list maker it's a good time to start. List tasks - break each task down into sub-lists. Then check them off your lists as you accomplish each part. Completing a task releases Dopamine the reward chemical.
Day 26	Journalling has been proven to strengthen your immunity and decrease your risk of illness (a great reason to start during a pandemic!) Journaling Prompt: How has being hopeful, or feeling hopeless, influenced choices you've made?
Day 27	Try meditating but start small. Take a moment to notice your breath. Sit comfortably. Close your eyes. Focus on your breath, In and out. Try breathing in for a count of four, hold your breath for four, and breath out for four. Repeat. There are lots of great apps and youtube videos to get you started.

Day 28	Get outside if you can. Yes it's cold - it's Canada. Bundle up and go for a walk, or just pull a chair onto your front step and enjoy the fresh air and the sun on your face.
Day 29	Get in touch with your feelings so you can manage them better. Try printing out a Mandala . Then take a moment to recall a recent emotional experience - positive or negative. Close your eyes and try to reconnect with your feelings during that situation, then colour in the Mandala in a way that represents how they feel. When you are done reflect on why you chose the colour(s) you used.
Day 30	Read a memoir about someone who has overcome difficulties like Dr. Asa Ahimbisibwe's novel 'Hopeful' written by a CMH Obstetrician to honour his parents who - in his words - had reckless hope in the power of education.
Day 31	Create things to look forward to - treats or activities for ' special occasions ' - whatever works for you: breakfast for dinner days, walk in your favourite wood days, pyjama days, make a fort and stay in it all day...it's your day, make it special.
Day 32	Journaling evokes mindfulness and helps writers remain present while keeping perspective . It presents an opportunity for emotional catharsis and helps the brain regulate emotions. <i>Journaling Prompt</i> - In what ways do your surroundings give you more or less hope? How have they given you more or less hope in the past?
Day 33	Gratitude reduces feelings of envy, frustration and other toxic feelings that, in turn, increase our overall happiness and reduce depression. Gratitude practise: Call up a friend and let them know how much you appreciate them.

Day 34	Think about doing simple, small acts of compassion —like making cloth masks or going grocery shopping for your vulnerable neighbours—help build that sense of control even in a chaotic situation like this. Making their lives a little easier helps you to see there is some action that you can take to help others and yourself.
Day 35	Make a plan to 'listen actively' during your next call/chat/meeting. You may be surprised by how much more productive and meaningful your conversations can be.
Day 36	Make a list of resources and supports you can reach out to when you aren't feeling hopeful. Put it somewhere you can find (online or printed out) for the darker days when you need more help.
Day 37	Journalling facilitates personal growth . Journaling Exercise - take some time to reflect on your evolving meaning and purpose - this pandemic event should change you - has it changed what is important to you? Knowing your why will help you survive any how.
Day 38	Your belief system can actually be great for your health. Practicing religious or spiritual activities brings comfort and can exponentially enhance your hope and resilience. Reach out to those who share your spiritual beliefs and practice. Attend ceremonies or groups regularly.
Day 39	Create things to look forward to : put an upcoming tv, movie or book releases in your calendar and set aside time to enjoy it.
Day 40	When the rules from Public Health change sit down and make a list of things you CAN do - do not focus on what you can't - then DO them and enjoy them.

Day 41	Recognize the people who stress you out or whom tend to focus on the negative. Devise a strategy to lessen their impact on your attitude before you interact with them. Prepare by listening to feel good music, reviewing your hope jar, reading some affirmations - before or after you interact with them.
Day 42	Create things to look forward to. Order something special that may take awhile to arrive, or save for something special (but be sure to give yourself a deadline). Mark it on your calendar and be aware of it.
Day 43	Journalling helps you track your overall development and is a way to reflect on the impact events and people have on your life and your attitude. Journalling Prompt - What kinds of things need to occur for you to feel more hopeful about your life?
Day 44	A greater appreciation for others is an attractive trait since people inherently love to feel praised and acknowledged and you will attract the same quality to you. Gratitude practise: At the end of the work day reflect on the people or things you're thankful for at work while you're getting ready to go home (or leave your desk). Keep a gratitude list at work too.
Day 45	Journalling helps you to improve mental clarity and focus . Journalling Prompt: Has anything happened to you that caused you to lose hope? How did you get it back?
Day 46	Work intentionally to change the algorithm of your social media - post positive stories, like, comment or share, hopeful stories and watch your newsfeed change. You can make your friends & followers who tend toward the positive show up in your feeds more frequently by making them VIPS's or favourites.
Day 47	Create things to look forward to - send emails or letters to old friends and ask them to reply. Or create a 'gift chain' by sending something small to someone and asking them to forward it on.

Day 48	Spread a little hope - paint rocks, build a snowman, print off the signs from the finding hope webpage and put them in your windows, write hope with your holiday lights. Share a message of hope for people you may never meet to inspire them and give them a lift.
Day 49	This is because people who express and recognize gratitude are more confident and compassionate . Gratitude practise: Take time to think about all of the people that made your meal possible the next time you cook or sit down to eat.
Day 50	Journaling can help in the management of personal adversity and change , and emphasize important patterns and growth in life. Journalling Exercise: What kind of things, people, or activities give you hope? Where do you feel your hope, or your hopelessness, comes from in life?
Day 51	Help others - shovel someone's walk, bring their garbage cans in, volunteer, donate, get involved. Helping others makes you feel good about yourself and helps you to feel a sense of control in uncertain times.
Day 52	Create things to look forward to - focus on something waaaay down the line - five years, dream vacation... create a dream board, or start a file (real or virtual), collect and pin ideas.
Day 53	Challenge yourself to minimize or completely diminish complaining and criticizing for a 12/24 hours. Take time to reflect on how much energy you put towards these feelings.
Day 54	Create things to look forward to- Pick an engrossing video game, tv show or book and then parcel it out - daily, weekly, however long is comfortable but allows you to look forward to it.
Day 55	Write a positive review for a business or service that you received recently. The process of giving others praise has a boomerang impact on ourselves.

Day 56	Take a picture of things or people you are grateful for, or that give you joy, or that make you feel hopeful and then create an album or a montage. Share them with others - online or in your bubble.
Day 57	Before you stop/leave work for the end of the day, reflect on what went well , what went right, whom you are thankful for. Jot them down on sticky notes as a positive reminder at the beginning of the next day.
Day 58	Try the negative to positive challenge - Think of a positive thought whenever a negative thought pops up in your mind.
Day 59	Remind yourself to take a moment to acknowledge and thank EVERYONE who helps/serves you when you are out - the cashier, the bagging clerk, the crossing guard, the garbage person. Spreading hope and gratitude also pays back more than it costs.
Day 60	Be gentle and kind to yourself. Write positive affirmations or accomplishments on your bathroom mirror with a whiteboard marker - do it daily as a way to start your day feeling good about yourself.

