

# **Creating Practical Hope that Lasts in Our Lives through the Power of Identification Discussion Topic**

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As an introduction to today's discussion, I would like to share what has helped me be aware. Be aware and learn how to thrive, not merely survive in my life, well-being and relationships, a little at a time.

## **What I Discovered**

In my experience I needed to examine how I understood and experienced hope in my life. Through my examination, I discovered that I had unknowingly maintained a dysfunctional relationship.

## **The Results**

A dysfunctional relationship with hope for many years. You see, I had bought into some magical thinking. So, when hope did not come through; as I expected, I blamed hope. I blamed hope for letting me down. I blamed hope for letting me down because I did not see my part in the process of creating hope in my life.

## **Reaching a Point in Time**

But when I reached a point in time, I realized that I could no longer blame hope. I could no longer act like a spoiled child, who did not get his way. Instead, I needed to get busy and stop waiting for change. I needed to engage myself in the process of creating what I had hoped for in my life, well-being and relationships.

## **A Valuable Lesson**

Hope helped me to realize that I could have an active role in the process. In the process of creating what I hoped for in my life. Hope helped me to realize that I could get in the "game", instead of sitting on the "side lines". Sitting on the "side lines" waiting for my life, well-being and relationships to magically change.

## **Take Little Steps**

Hope helped me to realize that I could have a proactive role (take little steps) in the process of creating practical hope. Creating practical hope in my life, well-being and relationships. Hope helped me to realize that I could have a proactive role by doing the footwork, trusting the process, a loving God and myself.

## **A Proactive Role**

A proactive role in the process and journey of creating and experiencing practical hope in my life. Create practical hope in my life a little at a time.

Create practical hope to influence my life, my well-being and my relationships by owning my power. Owning the power in my mind, body, spirit, soul and emotions.

## **The Good News — There is Tremendous Power in Identification**

As I seek to identify with other people, I find that I am able to move out from the shadows of isolation. I am able to break free from feelings of alienation. Alienation from myself and other people. I am able to become more comfortable in my own skin as I realize that I am not alone. Alone and by myself to “figure it out”. I gain hope through identification.

**As I identify with other people, I gain the courage to create practical and lasting hope in my life, well-being and relationships.**

**Below are some of the benefits that I discovered and gained through experiencing the power of identification.**

**Identification encourages hope.**

**Identification seeks to reconcile.**

**Identification empowers promise.**

**Identification encourages progress.**

**Identification celebrates awareness.**

**Identification helps me to be myself.**

**Identification negates the status quo.**

**Identification empowers contribution.**

**Identification dispels the need to judge.**

**Identification frees from a fear of failure.**

**Identification celebrates small successes.**

**Value and ability are accepted at face value.**

**Identification encourages interdependence.**

**Identification encourages love and tolerance.**

**Identification frees me to stay in the moment.**

**Identification motivates process and possibility.**

**Identification breaks down the walls of isolation.**

**Identification encourages acceptance and action.**

**Alienation is dismissed. Eccentricity is held in esteem.**

**Identification helps me to stop fighting against myself.**

**Identification gives me the ability to love and accept myself.**

**We can learn how to create practical hope from one another.**

**As I seek to identify with others, I practice love and tolerance.**

**We can learn from other people through identifying with them.**

**As I love and accept myself, I am free to be at peace with myself.**

**Identification encourages a pursuit of excellence, not perfection.**

**Identification motivates me to not give up in the face of adversity.**

**Identification encourages individuality and inspires self-expression.**

**Self-respect, self-esteem, and self-worth no longer need be qualified.**

**Identification frees my ability to explore outside of comparison's "box".**

**Identification helps me to celebrate my worth and value as an individual.**

**Identification cultivates creativity. Individuality is not considered a threat.**

**Progress is accepted as a function of seeking to accept both others and one self.**

**Identification helps me to understand and experience comfort, courage and hope.**

**Identification helps me to learn how trust in the process, a loving God and myself.**

**Identification musters enthusiasm in the face of any discouragement or disillusionment.**

**Identification empowers my ability to dream dreams, to create hope and to pursue my destiny.**

**We can give ourselves the permission to let go of what does not work, to discover what does work.**

**Identification gives me the permission to take risks and to scrape my knees, as I learn from my process.**

**Identification helps me to stop believing that I am a victim of my traumatic brain injury, invisible disability and circumstances.**

**Identification gives me the ability to own my power to create practical hope in my life, my well-being and my relationships one day at a time.**

## **The Encouragement of Practical and Lasting Hope**

**“Do what you can, with what you have, where you are.” Theodore Roosevelt**

**“Regardless of your lot in life, you can build something beautiful on it.” Zig Ziglar**

**“Nothing in the universe can stop you from letting go and starting over.” Guy Finley**

**“Don’t give up at half-time. Concentrate on winning in the second half.” Bear Bryant**

**“As long as a man stands in his own way, everything seems to be in his way.” Ralph Waldo Emerson**

**“Those who danced were thought to be quite insane by those who could not hear the music.” Angela Monet**

**“Everyone is trying to accomplish something big, not realizing that life is made up of little things.” Frank A. Clark**

**“We must be willing to let go of the life we have planned, so as to have the one that is waiting for us.” Joseph Campbell**

**“If you feel like you don’t fit into the world you inherited it is because you were born to help create a new one.” Ross Caligiuri**

**“Ability is what you’re capable of doing. Motivation determines what you do. Attitude determines how well you do it.” Lou Holtz**

**“Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.” Carl Bard**

**“Ability is what you’re capable of doing. Motivation determines what you do. Attitude determines how well you do it.” Lou Holtz**

**“You may be the only person on earth who believes in you; but it’s enough, it takes just one star to pierce a universe of darkness. Never give up! Richelle E. Goodrich**

**“Seek out that particular mental attribute which makes you feel most deeply and vitally alive, along which comes the inner voice which says, ‘This is the real me.’ And when you have found that attitude, follow it.” William James**

**“When one door of happiness closes another opens, but so often we look at the closed door, that we do not see the one that is opening for us.” Helen Keller**

**“My mother said to me, ‘If you are a soldier, you will become a general. If you are a monk, you will become the Pope.’ Instead, I was a painter, and became Picasso.” Pablo Picasso**

**“When you dance to your own rhythm, people may not understand you, they may even hate you, but mostly they’ll wish they had the courage to do the same.” Author Unknown**

**“Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.” Golda Meir**

**“Don’t give up. Never give up trying to build the world you can see, even if others can’t see it. Listen to your own drum and your drum only. It is the one that makes the sweetest sound.” Simon Sinek**

**“You can’t connect the dots looking forward,” Jobs said. “You can only connect them looking backward. So, you have to trust that the dots will somehow connect in your future. You have to trust in something — your gut, destiny, life, karma, whatever. Because believing that the dots will connect down the road will give you confidence when your heart leads you off the well-worn path. All else is secondary.” Steve Jobs**

