



**THE BIGGEST LITTLE
BOOK ABOUT HOPE
FACILITATOR GUIDE FOR BOOK CLUB**

INTRODUCTION TO HOPE

Guide Questions:

- What does hope mean to you personally?
- Why do you think hope is an essential part of life?
- How has your understanding of hope evolved over time?

BEFORE HOPE

Guide Questions:

- Think of a time when you felt hopeless. What triggered that feeling?
- What did you learn from that experience?
- How do you think hopelessness can serve as a foundation for finding hope?

WHAT IS HOPE?

Guide Questions:

- How does Kathryn define hope, and how does it compare to your own definition?
- What are some common misconceptions about hope?
- How do you differentiate hope from wishful thinking?

WHY HOPE?

Guide Questions:

- How does hope impact mental and physical health?
- What research findings stood out to you the most about the importance of hope?
- How can cultivating hope improve different aspects of your life?

HOPE AS A FEELING

OUR BRAINS

Guide Questions:

- What is the difference between the upstairs and downstairs brain?
- How does stress impact your ability to think clearly and take positive action?
- What steps can you take to strengthen your “hopeful brain”?

Distress Assessment Scale

Guide Questions:

- On a scale from 1-10, where is your current level of distress?
- How can this scale help you recognize when to apply hope strategies?
- What patterns have you noticed about your distress levels and hopefulness?

Deep Breathing Exercise

Guide Questions:

- How do you feel before and after practicing deep breathing?
- What are some moments in your daily life when deep breathing could be useful?
- How does breathwork influence your stress response?

The Power of Emotions

Guide Questions:

- How do emotions influence your ability to feel hopeful?
- What role do emotions play in decision-making?
- How can you regulate your emotions to cultivate more hope?

Hopeful State Practices

Guide Questions:

- Which hopeful state practice resonates with you the most and why?
- How can you incorporate these practices into your daily life?
- What challenges might arise when trying to maintain a hopeful state?

HOPE AS AN INSPIRED ACTION

Guide Questions:

- What actions have you taken in the past that were fueled by hope?
- How does taking action, even in small ways, build more hope?
- What is one inspired action you can take today?

SMART GOALS

Guide Questions:

- How do SMART goals help turn hope into tangible outcomes?
- What is one goal you can set using the SMART criteria?
- How do you stay motivated when working toward your goals?

The Meaning of S.M.A.R.T.

Guide Questions:

- Why is it important to set Specific, Measurable, Achievable, Relevant, and Time-bound goals?
- How can breaking down goals make them feel more attainable?
- What has been a past challenge in setting and achieving goals?

Passion and Purpose

Guide Questions:

- What activities make you feel most alive and fulfilled?
- How can you align your passions with a greater purpose?
- How does having a sense of purpose contribute to hope?

SURRENDER

Guide Questions:

- What does surrender mean to you?
- How can surrendering help you navigate difficult situations?
- What is one thing you need to let go of right now?

OBSTACLES TO HOPE

Guide Questions:

- What are some common obstacles that hinder your hope?
- How have you overcome obstacles to hope in the past?
- What strategies can you use when hope feels out of reach?

CHANGE AND THE PIVOT

Guide Questions:

- How do you typically react to change?
- What is an example of a time you successfully adapted to change?
- How can you develop a more hopeful attitude toward change?

WORRY AND ANXIETY

Guide Questions:

- How does worry impact your ability to stay hopeful?
- What techniques have helped you manage anxiety?
- How can you shift from worry to action?

FAILURE

Guide Questions:

- How has failure shaped your personal growth?
- What lessons have you learned from a past failure?
- How can you reframe failure as a step toward hope and success?

RUMINATING ON NEGATIVITY

Guide Questions:

- What thoughts do you tend to ruminate on?
- How does dwelling on negativity affect your sense of hope?
- What strategies can help you break free from negative thought cycles?

HOPELESSNESS

Guide Questions:

- How does hopelessness manifest in your life?
- What past experiences have helped you move from hopelessness to hope?
- Who or what helps you find hope during difficult times?

STRATEGIES FOR HOPELESSNESS

Guide Questions:

- What are some coping strategies that help restore hope?
- How can small daily actions create a shift in perspective?
- Who can you turn to for support when feeling hopeless?

HOPE NETWORK AND CONNECTIONS

Guide Questions:

- Who are the people in your life that uplift and encourage you?
- How does social connection impact your hope levels?
- How can you strengthen your hope network?

HOPE SUPPORTER

Guide Questions:

- Who has been a key supporter of hope in your life?
- How can you be a hope supporter for others?
- What qualities make someone a good hope supporter?

WONDER, AWE, AND FAITH

Guide Questions:

- When was the last time you experienced a sense of wonder or awe?
- How does faith (spiritual or otherwise) influence your hope?
- How can you cultivate more moments of awe in your daily life?

GIVING THE TOOLS OF HOPE

Guide Questions:

- How can you share hope with others?
- What are some ways to teach hope in your community?
- Why is it important to spread hope?

My Vision for Hope

Guide Questions:

- What is your personal vision for hope?
- How can you integrate hope into your future goals?
- How does your vision align with the concepts in the book?

From Hope to Happiness

Guide Questions:

- How does hope lead to greater happiness?
- What small steps can you take today to create a more hopeful and joyful life?
- How will you commit to nurturing hope in your journey ahead?

AFTER HOPE

Guide Questions:

- How has your perspective on hope changed after reading this book?
- What are the key lessons you will carry forward?
- How can you continue practicing and growing hope in your life?

WAYS TO SPREAD THE MESSAGE

Guide Questions:

- How can you inspire hope in others?
- What platforms or methods can you use to share the message of hope?
- What impact do you hope to have in your community or beyond?

