

May 4: Wisdom Café “What Makes You Hopeful?”

with King County Librarian Zlatina Encheva

What does “hope” mean to you? * Something is going to get better * Having a positive outlook about something * Looking forward to something better than today * When we have realistic goals and how to achieve pathways, we believe * Tomorrow will probably be better

Is it good or bad to keep high hopes? * Have goals that are achievable * Your sense of hope increases * Can be disappointing if your expectation is too high * Correlation between hope and fear * Setting goals is not as easy to achieve * Can re-adjust your hopes * When we say “I love my car”, hope is miss-used

When was the last time you felt hopeful? How did you feel? * I have hope for the qualities of life for Parkinson’s - science, slowing progress, finding the cure * During Covid, hoping we were doing the right thing * Hope is comforting for people

What makes you hopeful right now? * Spending time outdoors in nature makes me hopeful * Spring is very much alive, the birds on the path, nature renewing itself before our eyes * Hoping our daughter in Germany will come in August * Feeling good and hoping to be outside and seeing the hummingbirds * A general sense of well-being with nature, coming alive * Hoping my two children getting married this summer will have good ceremonies and going on with their lives

How can you cultivate moments of hope in your life? * Reminisce over past success * Wanting to have a sunnier outlook * Have pathways to your goal – hope I can get there, and put it in action * Mantra: This Too Shall Pass

Is hope created from intentions? * I want Ukraine to succeed, but no real path for me to solve * Hope that a resolution saves lives * “Seniors” gives me hope

How to take action when hopeless? * Perceive goals, and work on path ways * My mindset is always pretty positive * Hope is a mindset: I will find ways to make something work

Hope to see you again!