

BROUGHT TO YOU BY

HOPE Conference 2026
Celebrating the Journey

INTRODUCING

C.O.R.E. STRENGTH
FOR HEALING

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TOGETHER: A Heart2Heart Recovery Mission

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UNDERSTANDING COMPASSION

HOW YOU SPEAK TO YOURSELF SHAPES HOW YOU HEAL

AWARENESS

What do I say to myself when I'm struggling?
Where am I hardest on myself?



REFRAME:

What would compassion sound like instead?



ACTION:

Write one compassionate sentence you will use this week.



REFLECTION:

What would change if I treated myself with compassion this week?



UNDERSTANDING OPTIMISM

OPTIMISM IS THE ABILITY TO SEE POSSIBILITY WITHOUT DENYING REALITY

AWARENESS

Where do I feel stuck or hopeless?
What has worked before, even a little?



REFRAME:

What is one small thing that could go right?



ACTION:

This week, I will look for:



REFLECTION:

Where in my life can I allow a little more possibility?



UNDERSTANDING RESILIENCE

RESILIENCE IS HOW YOU RESPOND WHEN THINGS FEEL HARD

AWARENESS

Think of a recent challenge:
What happened?
How did I respond?



REFRAME:

What would support me next time?



ACTION:

When I feel overwhelmed, I will:



REFLECTION:

What does resilience look like for me right now?



UNDERSTANDING EMPOWERMENT

EMPOWERMENT IS TAKING ONE STEP, EVEN WHEN IT FEELS SMALL

AWARENESS

Where do I feel stuck or powerless?



REFRAME:

What is ONE small step I can take?



ACTION:

In the next 48 hours, I will:



REFLECTION:

What would it look like to trust myself more this week?



UNDERSTANDING

INTEGRATION

YOU DON'T NEED TO FIX EVERYTHING.
JUST STAY IN A RELATIONSHIP WITH YOURSELF

AWARENESS

Which pillar do I need most right now?
(Compassion, Optimism, Resilience, Empowerment)



STRENGTH:

Which pillar feels strongest already?



COMMITMENT:

One commitment I will make to myself this week:



**I DON'T NEED TO FIX EVERYTHING.
I JUST NEED TO NOT ABANDON MYSELF.**

