

The Hope Advantage: Hope as a Wellbeing and Success Mindset

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Hope is more than optimism—it is a powerful cognitive, emotional, and behavioral resource that strengthens resilience, guides decision-making, and supports human flourishing. In times of adversity, hope enables individuals to pause, assess challenges, and respond with greater clarity and intention.

This engaging and practical workshop introduces *The Hope Advantage*, an evidence-informed framework that integrates the Survival Rule of Threes, the psychological three-second reset, and Maslow’s Hierarchy of Needs to explore hope as both an immediate survival tool and a lifelong developmental asset. Participants will discover how hope enhances emotional regulation, fosters belonging, improves coping and decision-making, and supports the journey toward becoming one’s best possible self.

Through reflection, discussion, and applied strategies, attendees will learn how to intentionally cultivate hope in academic, personal, professional, and community settings. Participants will leave with practical tools and a personalized Hope Advantage action plan designed to strengthen resilience, well-being, and long-term success.

Introduction

HERO Wellbeing Introduction Application

Everyone say hi to your neighbor, introduce yourself and shake their hand for at least 10 seconds and or give them a huge. Take turns asking each other the following questions based on HERO

H – Hope, How are you hopeful, What are you hopeful about?

E – Engagement, What activities bring you joy and make you feel fulfilled and bring meaning to your life?

R- Relationality, Talk about your best relationships with people place, pets nature

O – Outcomes, what specifically do you desire to achieve?

Share Circles

Everyone says something about themselves

I am here because _____

What specifically is 1 or more take aways from this workshop

Something that I learned that I am going to do today

HOPE ADVANTAGE

A Mindset. A Choice. A Force that Transforms.

Hope is the spark that powers every action, opens every possibility, and creates every advantage.

THE RULE OF THREES

Survival begins with Hope.



3 SECONDS
Without Hope
Panic takes over



3 BREATHS
Regain Calm
Reset your state
(3-3-3 Breathing)



3 ACTIONS
Move Forward
Create momentum

You have the power to pause, choose hope, and change everything.

HOPE PRACTICES



S.T.O.P.
Sit. Think.
Observe. Plan.



3-3-3 BREATHING
Inhale 3
Hold 3
Exhale 3



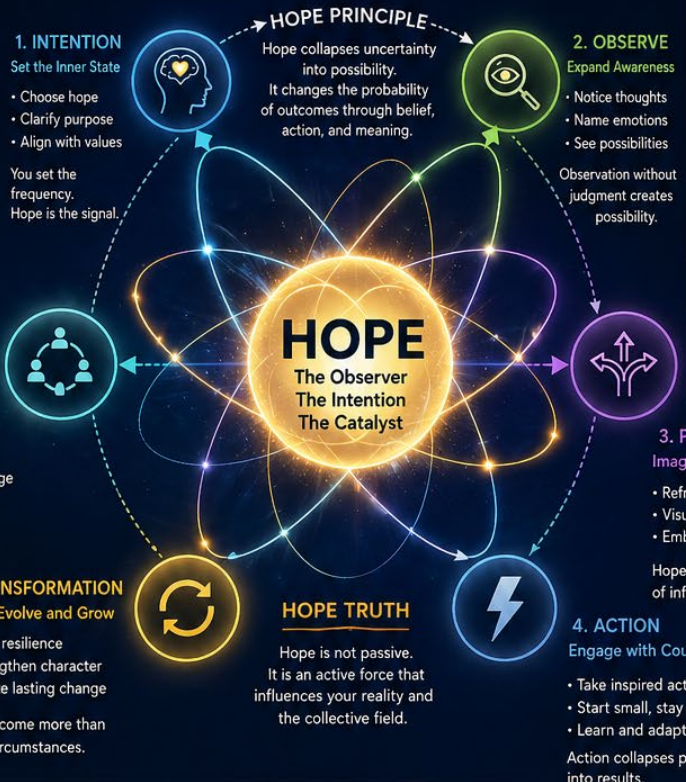
GRATITUDE
Focus on what is good



VISUALIZE
See possibilities before they happen



CONNECT
You are not alone.
Connection creates courage.



THE HOPE ADVANTAGE

Hope enhances every dimension of life. It gives you the edge to endure, adapt, and excel.



PHYSICAL
More energy
Better health
Greater endurance



EMOTIONAL
Lower stress
Greater resilience
Emotional balance



MENTAL
Clearer thinking
Creative solutions
Growth mindset



RELATIONAL
Stronger connections
Empathy
Belonging



PURPOSEFUL
Meaning
Direction
Self-actualization

THE HOPE PYRAMID

Hope fuels your rise to self-actualization.



THE HOPE EQUATION

You have the formula. You are the creator.

$$\text{Hope (Intention)} + \text{Awareness (Observation)} + \text{Action (Engagement)} = \text{Transformation (New Reality)}$$

Choose hope.
Change the equation.
Change your world.

YOUR HOPE RESET

When life feels heavy...

- 1 **STOP**
Pause. Breathe. Don't react.
 - 2 **CHOOSE**
Choose hope intentionally.
 - 3 **BREATHE**
3-3-3 breathing. Reset your state.
 - 4 **ACT**
Take one small next step.
- Three seconds.
Three breaths.
Three actions.
A lifetime of advantage.



YOU ARE NOT A VICTIM OF CIRCUMSTANCES.
YOU ARE THE OBSERVER. THE CHOOSER. THE CREATOR.

CHOOSE HOPE. LIVE THE ADVANTAGE.

Hope & Vision - *Who Am I Self-Assessments*

Alice. Would you tell me, please, which way I ought to go from here?

Cat. That depends a good deal on where you want to get to.

Alice. I don't much care where—

Cat. Then it doesn't matter which way you go.

—Alice in Wonderland

As best you can and with as much detail as you can answer the following:

WHERE YOU COME FROM	WHERE YOU ARE KNOW	WHERE ARE YOU GOING

Hope Self-assessment

Instructions: First, identify the number that best indicates your response for each question. Second, add up your scores for 3 elements of hope. Third, see what the scores mean in the table below and use this challenge to improve them.

1. In general, how often do you feel Hopeful and optimistic?

Never 0 1 2 3 4 5 6 7 8 9 10 Always

2. To what extent do you generally feel you have a vision and sense of direction in your life?

Not at all 0 1 2 3 4 5 6 7 8 9 10
Completely

3. In general, to what extent do you feel positive about the future?

Not at all 0 1 2 3 4 5 6 7 8 9 10
Completely

Level of Hope	Ranges for Hope
Very high	27-30
High	24-26
Average	20-23
Low	15-19
Very low	0-14

1. What is your Hope Score. What is your reaction to this? Take a few minutes to write down your thoughts on this.

2. Which 1,2,3 do you feel you need to work on?

Hope Reflection - Is hope a virtue strength, emotion or a mindset?

Hope & Vision Part 3 - Envisioning With HOPE – Discover –

Who are you, where are you going, and the will and the way to get there
“*Things you make happen by what you do*”.

HOPE

People with high hope tend to:
Be more engaged and satisfied with their life
Find greater meaning and purpose in life
Be more creative, adaptive & higher achievers
Be more resilient and persistent
Transcend the difficult present
Be actively optimistic and confident
View action itself is a form of hope

Your hope vision, results, what is to be achieved. The following process can be used to clarify, performance outcome of the academic, personal or professional nature.

A Hope Vision Statement should:

1. State what you want. What do you want?

Create your personal Vision statement using the following example:

By (time frame), I will have (outcome), so that(overall desired result)

2. Your Vision must be action and desired results based

I spend most of my energy and time engaged in doing

(Activities)

in order work towards completing these outcomes

(outcome)

so that I experience the following

(Benefits)

Example of a Hope vision statement

"As a young boy and adult, I had a sense of belonging in the library. As I grew older, I wanted to write stories in which I and fellow New Mexicans could see themselves in the landscape of literature."

-- Rudolfo Anaya (UNM professor and writer)

3. Based on 1 and 2 above create your vision statement to “Visualize Your Best Possible Future”

How to Escape Learned Hopelessness

Learned hopelessness can be a trap. When bad things happen that you can't control, you can start to feel powerless to change them but there is a way out try these tips if your feeling hopeless about the crazy world we live in.

1. Acknowledge and respect your feelings. Yes things are “#@!?” in the world. You're not crazy for feeling stressed, depressed, or even a little hopeless about it sometimes. Label those feelings and give them the space to be what they are. By labeling and acknowledging your feelings, you become aware of them in a way that makes it easier to use those feelings to solve problems rather than feeling stuck in them. Name them and claim them.
2. Don't check out. It might be tempting to throw your hands in the air and say “#@!?” but in the end that's just going to make you feel more hopeless, Avoid the kind of all-or-nothing thinking that can lead you to giving up. Even though the world is becoming increasingly sucky, there are still lots of good things, and there are lots of things we can do to make it better
3. Stop doom-scrolling and do something. Doom-scrolling feeds into feelings of hopelessness by turning us into passive receptacles for all the crazy fucked up shit happening around us. Sure, you could try yelling into the void by retweeting and posting and DMing, but that really won't do much besides potentially infecting the rest of your social network with feelings of hopelessness. What about if you choose just one small thing you can actually do, whether it's helping your neighbor with theirs, donating your time to a cause you believe in, you'll get yourself out of that negative cycle and start feeling less hopeless.
4. Build your real-life embrace the suck aware social network. There are so many benefits to having an embrace the suck aware network, including being able to share experiences and strategy, working together to manage the suck, and having fun preparing for the engagement with the suck learning adaptability and solution creation.

Create 3 outcomes (Desired achievements) to support your vision hope statement

Lessons on Hope

“Do not wait until you are thirsty to dig a well”

Cultivate Hope as a mindset, a way of being, do not wait for the difficult present

“Skate to where the puck is going, not where it is now”

Make a positive future happen. Always have a vision and avoid being stuck where you are now

“All we have is each other”

Alone we ain't got a chance

“Si quieres comer pescado tienes que mojar su colo”

(“If you want to eat fish you have to get you butt wet”)

“Hope does not work unless you do”

View action itself is a form of hope, give your hope legs

Discovering Your Best, Discovering Your Hope Strengths

Introducing the VIA, values in action, Strengths

The VIA Character Survey is focused on 24 strengths that are grouped under six main values. It helps you understand your character makeup.



Benefits of VIA survey

- It reveals what is important to you
- It teaches you what to work on
- It teaches how to adapt to unfamiliar situations

Principles of VIA – It increases sense of fulfillment, productivity, sense of happiness, sense of purpose.

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The VIA Strengths offers numerous advantages for individuals

- Identifies unique strengths: The survey helps you pinpoint your natural talents and positive character traits, enabling you to understand yourself better.
- Enhances well-being: Focusing on and utilizing your strengths is linked to increased happiness, engagement, and overall life satisfaction.
- Promotes personal growth: By understanding your strengths, you can use them to develop new skills, overcome challenges, and achieve goals.
- Encourages a strengths-based approach: The survey shifts the focus from deficits to positive qualities, fostering resilience and self-fulfillment.
- It aligns with positive psychology's focus on building upon strengths rather than solely addressing deficits
- Understanding and applying character strengths can foster stronger, more meaningful connections with others by appreciating their own strengths and the strengths of those around them, leading to greater empathy and understanding.

By understanding and utilizing their strengths, individuals can increase their well-being, build confidence, and achieve greater success in both their personal and academic/professional lives.

1. Take the VIA Survey Activity

This task involves going to the following link where you can take the VIA Survey which will give you a ranking from the highest to the lowest on each of the 24 strengths. There are options for paying for longer reports but all you need to do is get your ranking of the 24 strengths, which is free.

<https://www.viacharacter.org/survey/account/register>

2. Using Your Strengths While at Your Best

What are your top five strengths according to the VIA Survey that you took?

1. _____
2. _____
3. _____
4. _____
5. _____

What is a time you were at your best using at least one of your top five strengths?

Application of Your Strengths

Write down three new ways you can use each of your top five strengths. Refer to the following reference to assist you in in completing the following:

You can find it here: http://tayyabrashid.com/pdf/via_strengths.pdf

My Strength #1 is: _____ New ways I can use it are:

1. _____
2. _____
3. _____

My Strength #2 is: _____ New ways I can use it are:

1. _____
2. _____
3. _____

My Strength #3 is: _____ New ways I can use it are:

1. _____
2. _____
3. _____

My Strength #4 is: _____ New ways I can use it are:

1. _____
2. _____
3. _____

My Strength #5 is: _____ New ways I can use it are:

1. _____
2. _____
3. _____

Three Good Things Activity

Write down three good things that happen in the next day and then write about how you can make at least one of them happen more in the future.

1. _____
2. _____
3. _____

How I can make at least one of these good things happen more in the future?

Hope Vision Summary MIMO, Make It My Own, Reflection

You can develop and use your Hero Within hope mindset/strengths to envision your best possible life.

Complete the following reflection questions to **Envisioning the best possible life.**

1. Where would you be living
2. What kind people would you be with
3. What kind of work would you be doing
4. What would you be doing for fun and recreation
5. How might you be giving back to other people or the world beyond
6. Are you living authentically aligned with your values, strengths and abilities

Understanding Hope

What Is Hope?

Hope is the belief that a positive future is possible and that one's actions can help create it. It combines three essential elements:

- **Vision** – Seeing a meaningful future.
- **Engagement** – Taking action to influence outcomes.
- **Roadmap** – Identifying routes to achieve desired goals.

Hope is active, not passive. It transforms possibility into purposeful action.

Reflection Activity

- Describe a time when hope helped you overcome a challenge.
- What thoughts, emotions, and actions did hope inspire?

Section 2: The Survival Rule of Threes

Physical Survival

The traditional Rule of Threes prioritizes survival needs:

- 3 minutes without air
- 3 hours without shelter in extreme conditions
- 3 days without water
- 3 weeks without food
- 3 months without meaningful human connection
- **Psychological Survival: Three Seconds Without Hope**

Before any physical resource can be used, the mind must remain calm and focused.

Without hope, panic can overwhelm judgment almost instantly.

Hope creates the space necessary for effective action.

Survival begins in the mind.

Section 3: The Three-Second Hope Reset

S.T.O.P. Method

When facing stress, uncertainty, or adversity:

- Sit
- Think

- **Observe**
- **Plan**

This brief pause interrupts emotional reactivity and restores intentional thinking.

3-3-3 Breathing Practice

- Inhale for 3 seconds
- Hold for 3 seconds
- Exhale for 3 seconds

Repeat three times.

Application Activity: The Reset Drill

Recall a recent stressful situation.

1. What triggered your reaction?
2. How did you initially respond?
3. How might a three-second pause have changed the outcome?
4. Practice the 3-3-3 breathing technique now.
5. Record how you feel afterward.

Hope and Maslow's Hierarchy of Needs

Hope Across the Pyramid

Maslow's Hierarchy of Needs



Physiological Needs

Hope motivates basic survival and self-care.

Safety Needs

Hope supports problem-solving and security-building.

Love and Belonging

Hope encourages connection, trust, and relationships.

Esteem Needs

Hope builds confidence, competence, and achievement.

Self-Actualization

Hope inspires purpose, growth, and fulfillment.

Hope Action Plan

My Vision

What future do I want to create?

My Why

Why does this matter?

My Three Next Steps

1.

2.

3.

My Support Network

Who can help me succeed?

Discussion Prompts

1. Why is hope often the first requirement for survival?
2. How does hope influence decision-making?
3. In what ways does hope support self-actualization?
4. How can you cultivate hope in others?

Key Takeaways

- Hope is the foundation of resilience.
- Survival begins with mental calmness.
- A three-second pause can change outcomes.
- Hope supports growth at every level of Maslow's hierarchy.
- The Hope Advantage transforms adversity into opportunity.

Final Reflection

Complete the following statement:

The Hope Advantage means that when I face adversity, I will

_____ because _____.

Suggested Practice

For the next seven days:

- Use the three-second pause at least once daily.
- Practice 3-3-3 breathing during moments of stress.
- Record one example of hope-driven action each day.

Closing Thought

Hope is not wishful thinking. It is the disciplined practice of believing that a better future is possible and taking action to create it. In three seconds, you can shift from fear to focus, from reaction to intention, and from survival to flourishing.

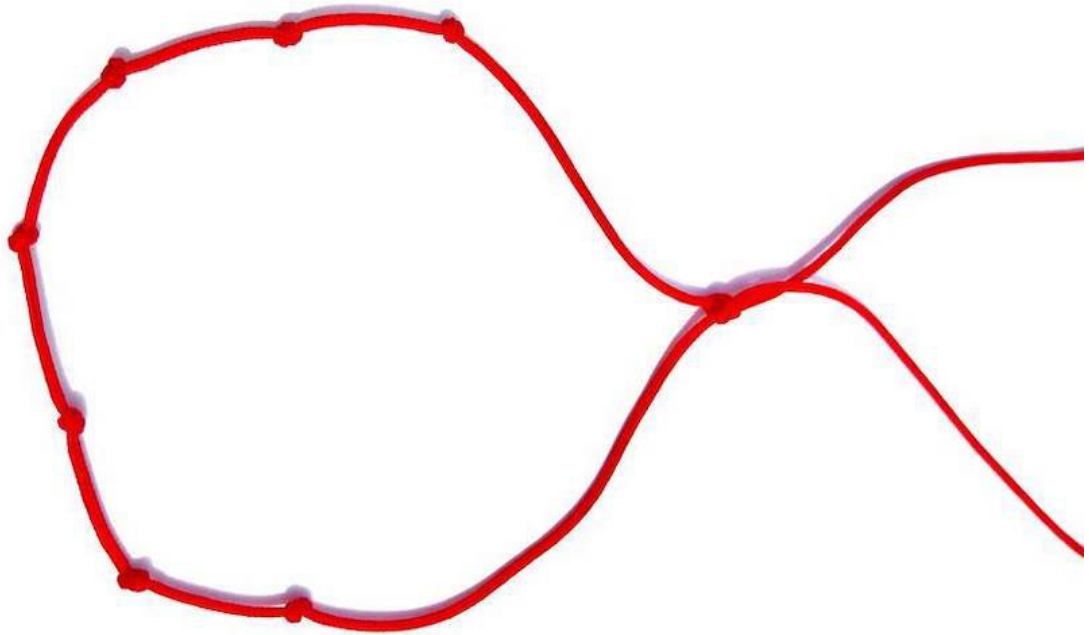
Choose hope. Pause. Proceed.

Curandero Ritual for Healing

For more than 500 years, village healers in Latin America, known as curanderos, have been dedicated to alleviating physical or spiritual illnesses. One of their methods is to suggest tying seven knots in a red ribbon, one for each worry or stress, the seventh knot creating a complete circle.

Tying the knot releases that specific concern, enabling the person to leave it behind. The red color signifies strength, health, vigor, energy, passion, courage, the element of fire, career goals, fast action, vibrancy, driving force, survival.

simply leave their worries behind and start anew.



here's how to do this simple yet very healing curanderos ritual at home.

Materials:

- Red ribbon, string or cord – 9-12 inches long
- A quiet place to concentrate
- A moment to slow down and release stress

How to:

- Tie the first knot at one end while you focus on your first concern. Take a moment.
- Tie the second through the sixth knots – each one focusing on a different worry.
- Tie the seventh knot to create a circle of ribbon.

- When tying each knot, concentrate on one specific concern, visualize the best outcome and let go of the concern.

1. Curanderismo-style worry knot rituals

In some contemporary healing practices inspired by Latin American **curanderismo** traditions, a **red ribbon with tied knots** is used to symbolically transfer worry, stress, or emotional burdens into the cord. Variations often use **7 knots**, each representing a concern to be consciously released. Red is commonly associated with vitality, protection, life-force, and spiritual strength.

The idea is psychological and symbolic:

- **Naming the burden** externalizes it
- **Tying the knot** gives it form
- **Sealing it away** creates closure
- **Burying it** symbolizes returning it to earth for transformation

3. Jar / bottle containment rituals

The act of placing the ribbon in a sealed jar and burying it aligns with broader **jar spell / bottle spell traditions**, where a container symbolically isolates, contains, neutralizes, or transforms what is placed inside.

Why practices like this can feel effective

Even without supernatural claims, rituals like this can work as a powerful form of **intentional psychological release**.

They activate several evidence-based mechanisms:

- focused reflection
- emotional naming
- tactile embodiment
- symbolic closure
- deliberate transition from rumination to release

So in summary:

- red protection symbolism
- curanderismo-inspired release practices
- folk containment / burial rituals

- the intentional act of externalizing and releasing emotional burdens.

Together they can symbolize:

“I acknowledge these burdens, bind them, transform them, and release them fully.”

