

THE HOPE BOX: A REASON TO KEEP LIVING

A Hope Box is a simple but powerful way to help you remember your reasons for living during moments when all hope seems gone. To create a Hope Box, follow these steps:

(1) Find an empty shoe box, container, or large envelope.
(2) Take items that have a significant meaning and place them in the box. Ideas for items might be:

- o A special letter, card, or printed email from someone you care about
- o Special pictures that bring up positive memories
- o Achievements (certificates, awards, etc.)
- o Lyrics to a song, a poem, or inspirational quote, or Bible verse
- o A piece of jewelry that means something special
- o Art that you have created or that someone has made for you
- o Your favorite book or magazine
- o Other significant objects

(3) Place your important items into the box, and put it somewhere it can be easily accessed, such as under your bed, in a dresser drawer, or on your nightstand.

NOTE: Remember that talking to someone may provide that extra level of support you are searching for. You can and will get through these dark times. Hold on, reach out, and never let go of the things that mean the most to you.

Items I will put in my Hope Box:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

YOUR Life YOUR Voice

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