



Hacking Hope
WORKBOOK
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Notes

What is burnout

How does burnout manifest?

Essential elements of HOPE

Headline for the *rest* of my life

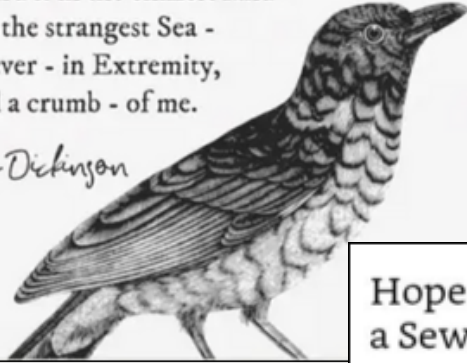


“Hope” is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -

And sweetest - in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm -

I've heard it in the chillest land -
And on the strangest Sea -
Yet - never - in Extremity,
It asked a crumb - of me.

Emily Dickinson



Hope Is Not a Bird, Emily, It's a Sewer Rat

Hope is not the thing with feathers
That comes home to roost
When you need it most.

Hope is an ugly thing
With teeth and claws and
Patchy fur that's seen some shit.

It's what thrives in the discards
And survives in the ugliest parts of our world,
Able to find a way to go on
When nothing else can even find a way in.

It's the gritty, nasty little carrier of such
diseases as
Optimism, persistence,
Perseverance and joy,
Transmissible as it drags its tail across your
path
and
Bites you in the ass.

Hope is not some delicate, beautiful bird,
Emily.
It's a lowly little sewer rat
That snorts pesticides like they were
Lines of coke and still
Shows up on time to work the next day
Looking no worse for wear.

by Caitlin Seida

Headline v.1: when I started this journey



Free word association:

Brainstorm the vision from the following elements, circle or add your own

VALUES:

curiosity. dedication. discipline. gratitude. humility. openness. individuality. patience. perseverance. duty. goodness. honesty. integrity. truth. beauty. wholeness. adventure. attitude. authenticity. competition. consensus. growth. healing. health. wellness. fun. happiness. humor. joy. effectiveness. empowerment. influence. leadership. innovation. power. prosperity. security. success. vision. wealth. work. collaboration. community. compassion. harmony. involvement. loyalty. kindness. respect. responsibility. trust. faith. meaning. democracy. dignity. excellence. freedom. fidelity. justice. knowledge. learning. peace. perfection. recognition. service. stewardship. courage. friendship. family.

STRENGTHS:

Analyzing. building. caring. coaching. communicating. connecting. context (recognizing big picture). creating. debating. diplomacy. empathizing. facilitating. guiding. forecasting. healing. implementing. influencing. harmony. inspiring. learning. listening. managing. marketing. mentoring. mobilizing. motivating. organizing. performing. persuading. quantifying. researching. selling. manual labor. technical skills. supporting. problem solving. speaking. strategizing. teaching. visioning. writing. calm.

Important places

Home. Montana. United States. my community. my home. town. outdoors. indoors. wild. places. endangered. places. urban. rural. underprivileged. underserved. misunderstood. communities. artistic. communities. vibrant. communities. wealthy. communities. clean. healthy.

IMPORTANT PEOPLE

FAMILY. MY KIDS. MY PARENTS. MY SIBLINGS. UNDERSERVED. MARGINALIZED PEOPLE. SUFFERING PEOPLE IN CONFLICT.

indoors

ANY OTHER IMPORTANT ELEMENTS: (FINANCE, RECOGNITION, ACHIEVEMENT, ETC)

Headline v.2: what really happened!?

Worksheet 2: Personal History



Difficult

milestones/transitions/events

Timeframe

Positive/Neutral

milestones/transitions/events



Where were you the happiest?



WHERE DID YOU FEEL THE MOST ACHIEVEMENT?



What are your most formative learning experiences?

Worksheet 2 Cont..
Interview your partner



Patterns I notice

Patterns my partner notices

Anything I like/wish I could change?

Is there a positive reframe?

I CREATE HAPPINESS AND FULFILLMENT BY:

Worksheet 3: Cosmic (in) significance



**My
Actions**

**My
Effect**

**Who/
what**

Worksheet 4~ Headline v.3: *Revised personal vision*



Free word association:

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IMPORTANT PLACES

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IMPORTANT PEOPLE

Family. my kids. my parents. my siblings. underserved. marginalized. people suffering. people in conflict. *indoors*

LESSONS FROM PERSONAL HISTORY

IMPACT WITHIN MY COSMIC (IN)SIGNIFICANCE

CHECK YOUR WORK: IS THIS VISION~
a stretch but achievable?
a process not an outcome?
provides opportunity for growth?

opportunity to share and mobilize?
can be translated into recurring/increasing actions & goals?
provides opportunity for recognition?

Worksheet 5: Creating Community

1 micro-action per sphere

Family/Closest Sphere

Clients/personal office/professional sphere

Global/profession as a whole

