NEW DAY RECOVERY

Session 3 Handout

Hope Anchor Card

From Session 3. Hope here is not a mood; it is a plan with a name on it. Read your anchor every morning this week.

Write one sentence of hope in your own words — not a slogan — plus the name of the person you will read it to when hope feels thin. Cards stay in your workbook.

MY HOPE ANCHOR My sentence of hope, in my own words: _____ The person I will read it to when hope feels thin: _____ Read it every morning. Do one small act that belongs to the person you are becoming.	**MY HOPE ANCHOR** My sentence of hope, in my own words: _____ The person I will read it to when hope feels thin: _____ Read it every morning. Do one small act that belongs to the person you are becoming.
MY HOPE ANCHOR My sentence of hope, in my own words: _____ The person I will read it to when hope feels thin: _____ Read it every morning. Do one small act that belongs to the person you are becoming.	**MY HOPE ANCHOR** My sentence of hope, in my own words: _____ The person I will read it to when hope feels thin: _____ Read it every morning. Do one small act that belongs to the person you are becoming.

Homework: read your hope anchor every morning this week. Do one small act that belongs to the person you are becoming — make a bed, keep one appointment, make one honest call — and note it in your workbook each evening.