

# INSPIRATION FOR BUILDING HOPE

**WATCH:** Movie with His Holiness the Dalai Lama and Desmond Tutu: *Mission Joy: Finding Happiness in Troubled Times* (recently on Netflix)

**WATCH:** Stories that Inspire Hope from CBS News

[The Super Bowl of Marble](#)

[The Real Life 80 for Brady Fans](#)

[Fixing Accesibility is Child's Play](#)

*"Just as man cannot live without dreams, he cannot live without hope."*

Elie Wiesel, Nobel Peace Prize

*"Hope has two beautiful daughters. Their names are anger and courage; anger at the way things are, and courage to see that they do not remain the way they are."*

-- Saint Augustine

## How to nurture hope

Think	Positively
Imagine	A better future
Reframe	Negative patterns
Seek	Inspiration & good
Recruit	A hope buddy
Help	Others

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