

# *The* **Heart** WORKSHOP

## THE HOPE SCALE

Any area of our lives that does not glisten with hope, is an area where we are believing a lie. It's an area where we are still wounded, and in need of healing and truth. We all go through hard times, but hope is what helps us persevere through these times of difficulty, knowing there are better days ahead. In the exercise below, rate the success of every area of your life with the Hope Scale.

### SCALE:

- 1 - *HOPELESS - It sucks, and it can't/won't ever change*
- 2 - *SHRED OF HOPE - It might improve, but I'm not holding my breath*
- 3 - *HOPEFUL - It has a pulse, I'm cautiously optimistic*
- 4 - *FULL OF HOPE - It's going amazing, it's successful and abundant.*

### AREAS

- |                                |                      |
|--------------------------------|----------------------|
| _____ Love life / Marriage     | _____ Job / Career   |
| _____ Health                   | _____ Purpose        |
| _____ Finances                 | _____ Spiritual life |
| _____ Bio family relationships | _____ Reputation     |
| _____ Friendships              | _____ Parenthood     |

### SUMMARY

#### 40 POINTS -

You are full of hope, and believe that life is for you! Anything that is not going well right now, will turn around and it will be better than ever before! Your life is glistening with HOPE!

#### 30 - 39 POINTS -

You pretty much believe that better days are ahead than any you are leaving behind. But you have a few battle scars that still flare up from time to time that need a little more healing.

#### 20 - 29 POINTS -

Life hasn't been easy, and you are afraid to get your hopes up that anything is going to change because you are tired of being disappointed. You are hanging on, but just barely.

#### 1 - 20 POINTS -

You see the light at the end of the tunnel, but it's definitely a train. You are in danger of dying from your heart wounds, and you need a hope infusion right away!

**Examine which areas of your life that scored less than a three (3). Using the Revealing for Healing Cycle, find the LIE that you have been and are believing in that area, and ask God to show you his truth about these 'hopeless' areas of your life.**