

# Unit 7: Hopeful Stories

## What is covered in Hopeful Stories?

Our bright hopes and dreams for the future can, at times, become dimmed by the heaviness of past losses, failings, and mistakes. It is useful to know how to sharpen our focus and revitalise the brightness of who we are and what we stand for in our lives.

This unit puts you in touch with the commitments you carry for the future version of yourself. You'll get to focus on your intentions, to be become crystal clear about your current hopes, dreams and commitments for your future and what you need to do to achieve this future. You will appreciate the people, the times, the perspectives, and the knowledge you have available to support you in animating this future life story.

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## What will you learn?

- Appreciate the power of our intentions
- Identify how relationships help you to enact your preferred identity..
- Quantify the values and commitments that underpin your life.
- Recognise the stories that reward you or rob you of personal agency.
- Understand the power of stories with happy endings.

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## What else?

Learn more about how you can make the most from your restorative stories in Unit 8 and consider complementing your development with some 1:1 coaching with our narrative practitioner.

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## How do we sign up?

Contact us at [madebetterhuman.com.au](http://madebetterhuman.com.au)



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