E | Empower Your Next Step

Grow hope through small actions

Hope can begin with one achievable step, even when circumstances are difficult.

One thing I want to feel better about

Choose something within your influence.

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_____

_____

A small step I can take this week

Make it realistic and specific.

_____

_____

_____

Try this

Instead of “I must fix everything”, try “What is one helpful step I can take today?”

Small steps count. You can skip any question that feels too personal. Ask a trusted adult for support when needed.

My 7-day SHINE challenge

Your SHINE journey • My 7-day SHINE challenge

You can start again any day. Progress is not a straight line.

This week I will

■ Notice one strength

■ Use one calming tool

■ Reach out to someone safe

■ Show kindness or set a boundary

■ Take one step towards a goal

What helped me this week?

Reflect without grading yourself.

_____

_____

_____

My next small step

What would I like to keep doing?

_____

_____

_____

Small steps count. You can skip any question that feels too personal. Ask a trusted adult for support when needed.