



Face Forward Move Forward Journal: Hope (Volume 5)

Arlene Gale

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The theme of this Face Forward, Move Forward Journal is Hope. Without hope for today and tomorrow we are lost. Hope means to believe we're capable of achieving our dreams. Hope can be found in external sources such as sunbeams breaking through the darkness, the smell of fresh clean air after a rainfall, and a child's laughter. We connect with hope from within when we come to believe everything needed to succeed is living inside us. This journal's purpose is to connect with our hopes and dreams. It contains quotes from historical and contemporary people who speak to the value of hope, how to draw on hope for overcoming challenges, finding hope even when we're faced with fear, and sharing hope with others. The primary goal of this "Hope" journal is to encourage a Face Forward, Move Forward philosophy, which means to find hope in every step of life. Hope can be constant on life's straightaways where you can see clearly ahead and hope allows us to trust what's around the corner, too. Journaling is an eye-opening, life-changing, and powerful personal tool. A journal can be used to create and track emotions, hopes, dreams, prayers, and struggles. Time spent journaling leads to a deeper understanding into who you are and where you are going in your life. There is no right way or wrong way to use this journal, there is only your way.

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