

# The Color of Hope

Sometimes, it's helpful to slow our minds down by doing simple crafts and creative work. Let's use this "grown-up coloring" sheet to meditate on hope.

Hope is more than just wishful thinking. Hope is a belief in the possibility of a brighter future and an understanding of our own ability to shape it. As you color, consider meditating on how hope gives you strength and can help you find a pathway forward in life.

