

HOPE & CHANGE

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OK-SAFE

“HOPE” is a word we can consider today because it is very much in current usage. The idea and suggestion of hope has caught on with millions of Americans in connection with “CHANGE”. In fact, a new president has been elected in the USA with much of the credit going to the skillful use of these two words.

First consider whether you have “hope” yourself. If so, try this exercise and it will allow you to recognize clearly what you want. For purposes of this process, let’s accept that you have hope about something.

Write down a hope you have. If there are more, write down up to two more.

Hope is presented as a benevolent and righteous concept. How could you fault anyone who has hope? You’ve probably heard many times, “I hope for the best”. Doesn’t it just sound so peaceful? Use the word hope in some statements and listen to yourself or you could even record you and then hear yourself. It will provide more insight for you.

Review your statements and determine whether you notice any emotion associated with use of “hope” and write down what that emotion is. (Some people may want to notice a feeling rather than an emotion.)

Here are some questions to ask about what you read or hear in your statements: Was there any *action* on your part implied by using the word “hope”? Did you notice any *dedication, intention, determination, commitment, strength or power* implied by use of the word “hope”? Does “hope” imply any enthusiasm to achieve a desired result?

Does hope sound like I am resigned to the outcome? I.e: “Whatever” Does it sound like I am helpless and without influence on the outcome I want to occur? Would you feel dependent or independent using the word “hope”? When a person expresses hope that something will occur, what do you think is their level of belief that it will truly happen? Is hope nothing more than a wish?

Now I’d like to juxtapose an alternate word for “I hope”—try “I will”
“*I will* take the actions needed to affect the outcome I want”.
“*I will* apply the skills I have to achieve the results I want”.
“*I will* learn from my mistakes and rededicate my energy to have the quality results I want in my life”.

By comparing “hope” with “I will”, decide whether you would rather follow a person who suggests that you have “hope” or a person who encourages you to be responsible and clear about what you “will” do.

It seems that millions of Americans are hoping for change and are willing to follow a new President based on that mantra. What changes were requested? What changes were promised? What will be done to achieve the changes? What will be the consequences of the changes?

It occurs to me that each of us have our own expectations about the changes we want. Are we simply projecting our own expectations of changes on the new President and empowering him? What do you think of giving a person, such as the President of these United States, the power to make changes while we have no clear statement of commitment to what changes he will work to achieve? Maybe we are just left with a warm fuzzy feeling that any change will be better than what we now have.

Change happens continuously whether we hope or wish for it. For this reason a political candidate can't be faulted or go wrong by offering *hope for change*. We are the ones that can be faulted for accepting such a nebulous offer. It leaves us subject to chance. Changes that occur inevitably may or may not be the things we wanted. Do you want to be subject to chance with every change of wind? If not, we can take a stand based on values and core beliefs which we can use to measure every action we take toward our goals.

If any of this makes sense to you, it may be more useful to recognize that there is no substance to a person who is telling you to hope for a change. If something is really important, decide whether it is *you* who should take action. That action could involve your influence on other people to increase the force behind a common goal and then taking the steps to achieve it.