
What helps people feel connected to a shared purpose?

Please share in the chat:

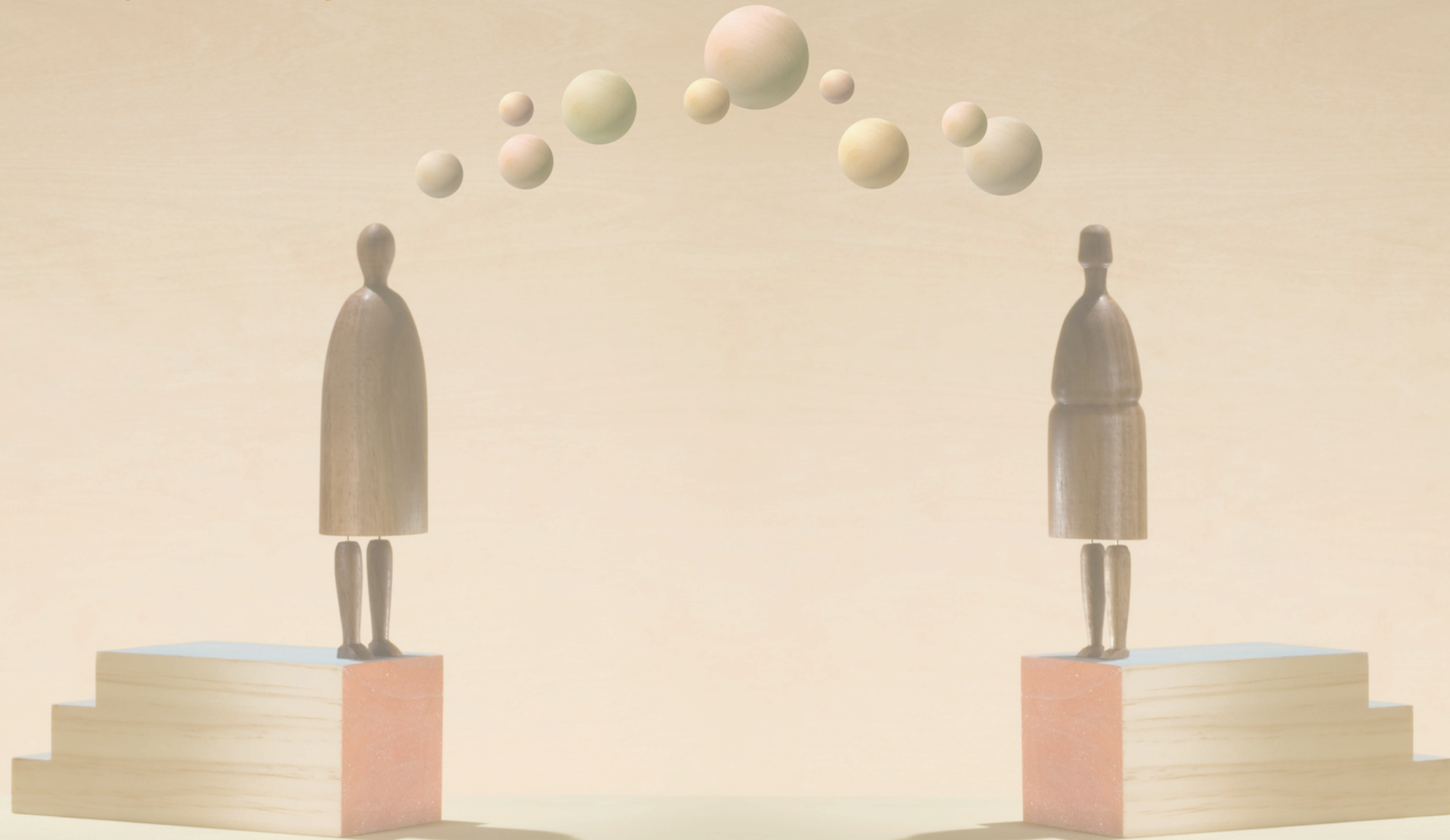
- Your name
- Your organization
- One word or phrase



SHARED GOALS + COLLECTIVE HOPE

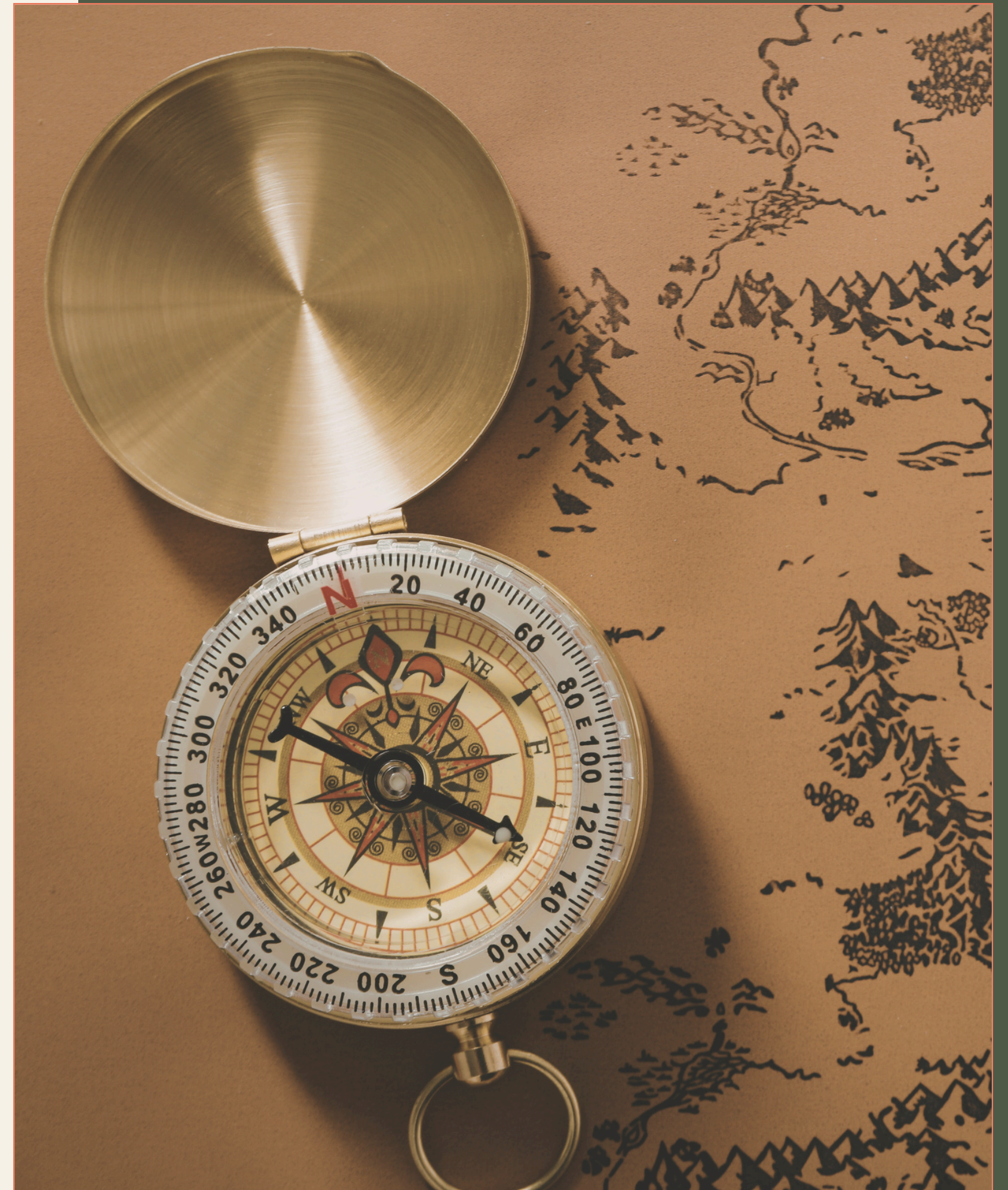
Aligning Goals to Build Momentum, Agency, and Hope

MAY 2026 | Science of Hope Community of Practice



TODAY WE'LL EXPLORE

- Shared goals and collective hope
- Alignment and disconnect in systems
- Conditions that strengthen momentum
- Hope Signals and Hope Barriers





What is the Science of Hope?

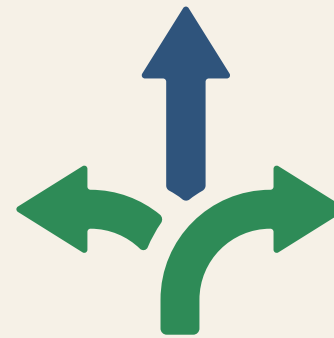
Hope is a research-based way of understanding how people move toward a better future.

Hope grows when people have meaningful goals, can see ways forward, and believe their actions matter.



Goals

Clear, meaningful, and achievable goals that give people something to work toward.



Pathways

Different strategies or routes people can take to reach their goals.



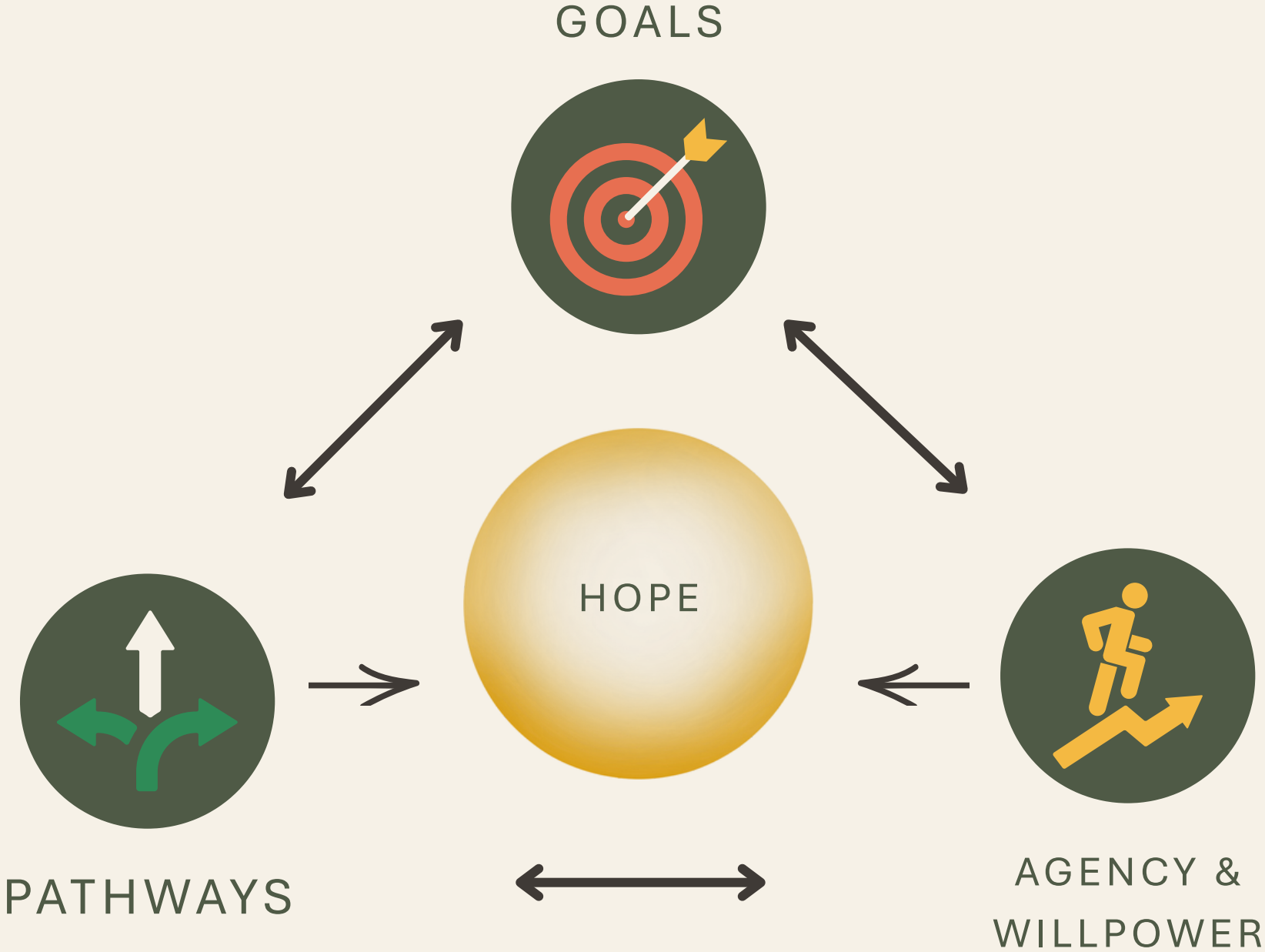
Agency & Willpower

The belief, energy, and motivation that you can move toward and achieve your goals.



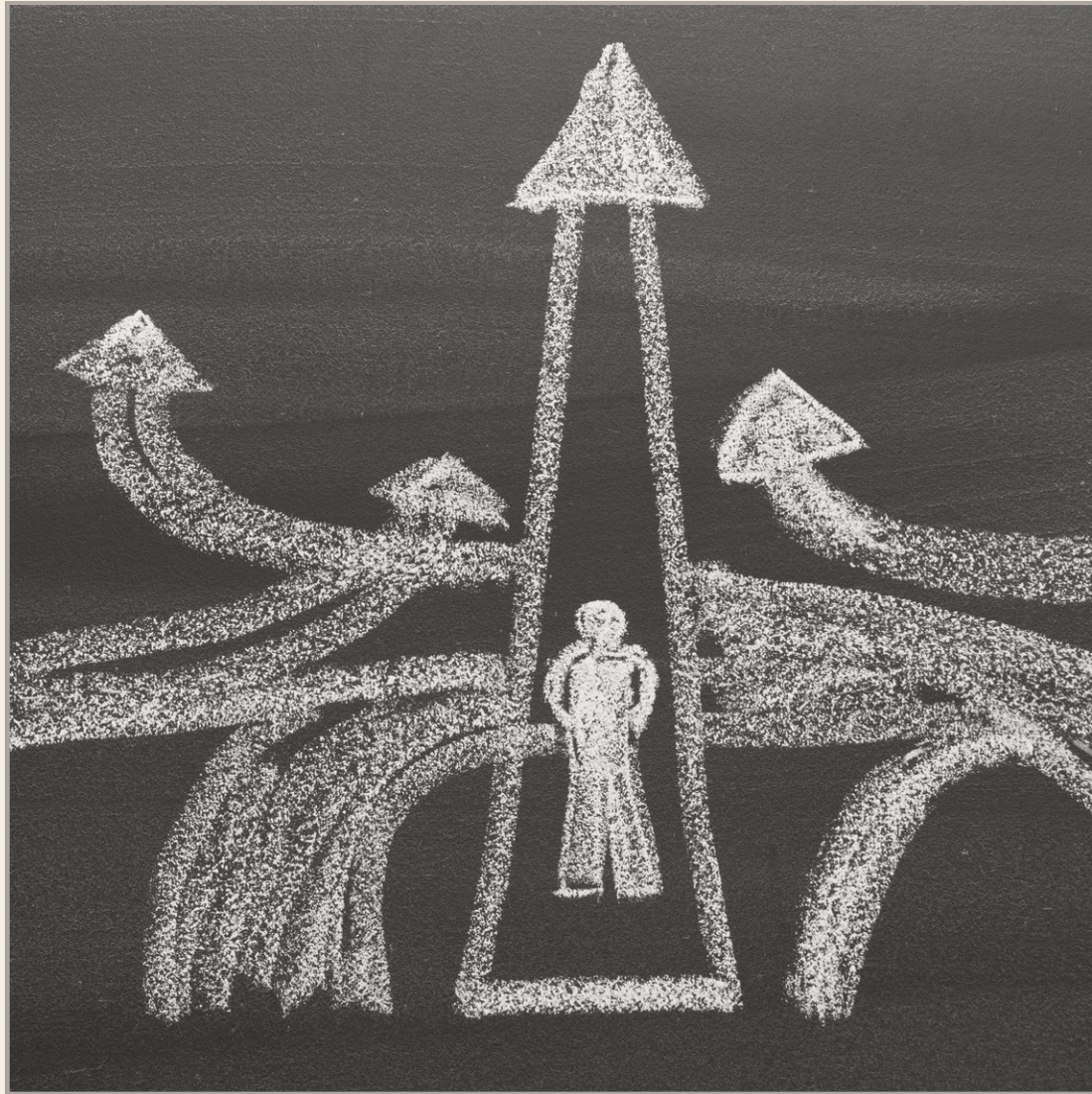
Understanding the Science of Hope?

Goals, pathways, and agency (willpower) reinforce one another.





Last Month: Expanding Pathways



Hope grows when we can see
more than one way forward.



This Month: Shared Goals

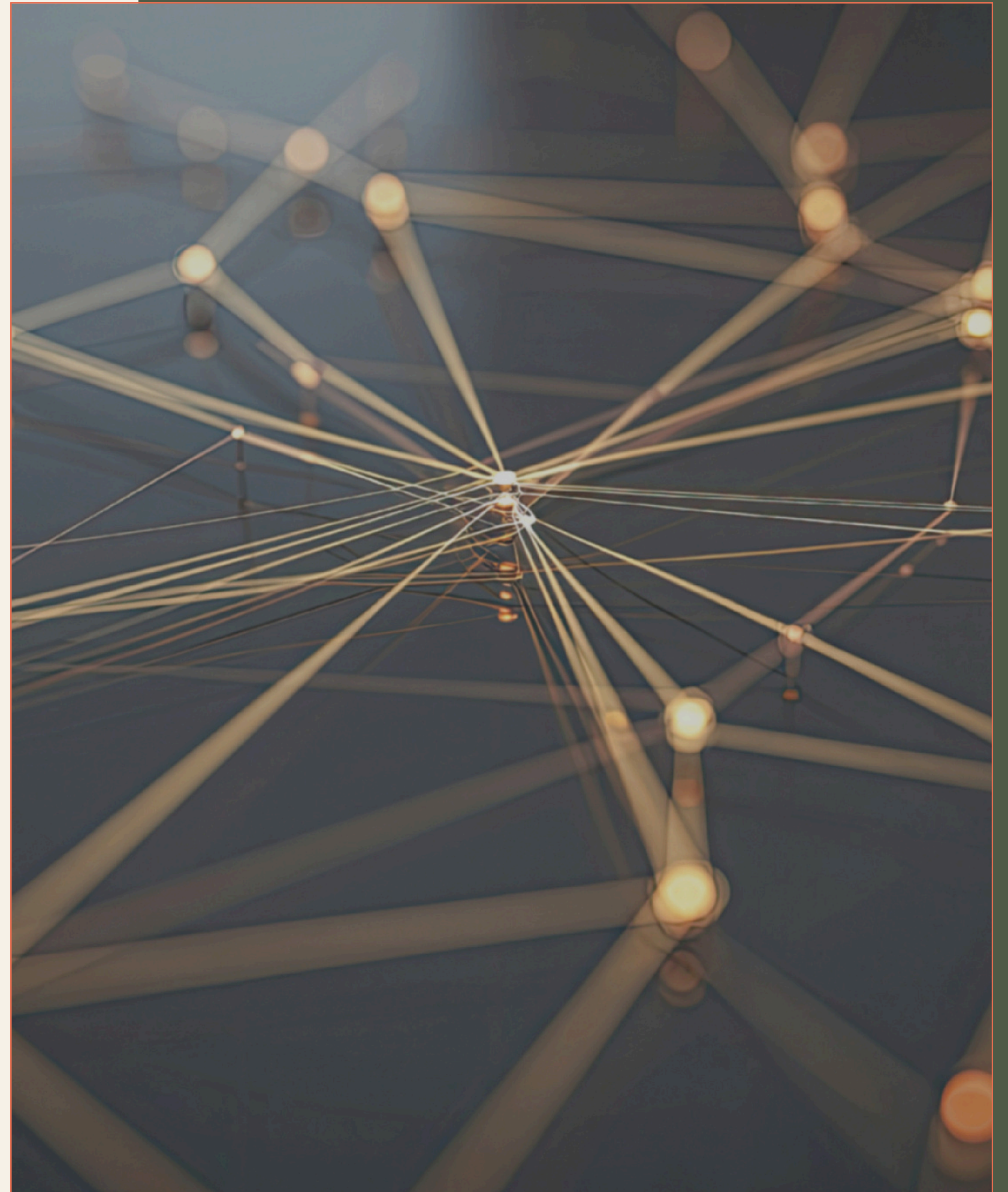


Hope grows when we can see
more than one way forward.

SHARED GOALS & COLLECTIVE HOPE

- Goals do not need to be identical to be aligned
- Alignment strengthens momentum
- Disconnect can weaken engagement and hope

“Collective hope grows when people can see how their efforts connect to something larger.”



WHEN GOALS DISCONNECT

- Frustration
- Confusion
- Stalled movement
- Reduced trust
- Burnout



WHEN GOALS ALIGN

- Clarity
- Engagement
- collaboration
- Shared ownership
- Collective hope



1 → 3 → 5 → ALL

1. Individual Reflection
2. Small Group Share (3)
3. Expanded Group Discussion (5)
4. Whole Group Harvest (All)



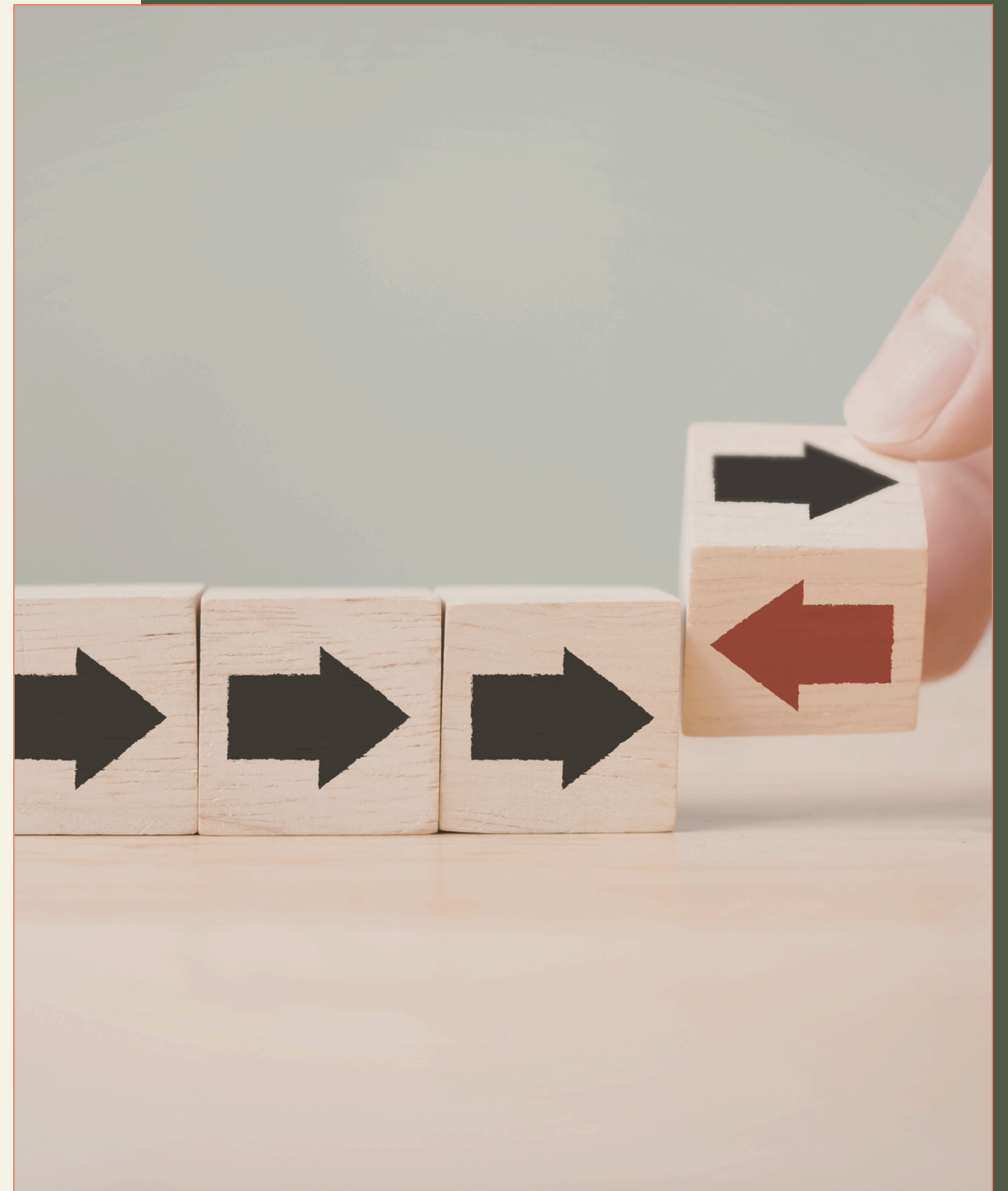
Reflect Silently (1 Min.)

- Where do goals align well in your work?
- Where do goals disconnect or compete?
- What helps people feel connected to shared purpose?



SMALL GROUP SHARE (6 MINS)

- Share one example of alignment or disconnect that impacts hope, engagement, or momentum.



HOPE SIGNALS

One Hope Signal: Something that strengthens collective hope, alignment, or momentum

One Hope Barrier: Something that weakens connection or collaboration



LET'S HARVEST HOPE SIGNALS

- What themes are emerging?
- What strengthens collective momentum?
- What weakens connection?
- What helps people move forward together?



COLLECTIVE HOPE GROWS WHEN PEOPLE CAN SEE:

- Their role
- Their contribution
- Their connection to something larger



NEXT MONTH

Agency in Action

What helps people feel capable of moving forward within systems and relationships?





BEFORE YOU GO:

Please take a few minutes to complete the short survey at the end of today's session.

Your feedback helps shape future Hope Community of Practice Sessions.

QUESTIONS OR WANT TO FOLLOW UP?



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