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# Making Hope Happen: Summary of the Key Ideas - Original Book by Shane J. Lopez: Create the Future You Want for Yourself and Others

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Hope enables us to live happier and healthier lives. It is essential in order to succeed at work, have good relationships and achieve our goals. Hope can be learned and shared; the first step to becoming more hopeful is to believe that you are able to change the present and create a better future.

Who should read this book:
• People who have set certain goals in life for themselves but are unsure how they can achieve them.
• Anyone looking for ways to become more hopeful and lead a happier life.
• People who have a lot of hope and want to spread it to others by becoming hopeful leaders.

In this summary:
Chapter 1: Hope is the belief that our future can be better
Chapter 2: Our past influences our vision for the future
Chapter 3: The future: imagine what your life will be like in five years
Chapter 4: The present: adopt a growth mindset
Chapter 5: The past: a source to predict future behavior
Chapter 6: 1st hope strategy – make your goals come alive through futurecasting
Chapter 7: 2nd hope strategy – use cues to trigger actions
Chapter 8: 3rd hope strategy – plan ahead and look for new pathways
Chapter 9: Become a hopeful leader and inspire others
Chapter 10: Create a network of hope
Chapter 11: Final Summary

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