

## The (Hope) Future Scale

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Read each item carefully. Using the scale shown below, please select the number that best describes you and put that number in the blank provided.

1=Definitely False

2=Mostly False

3=Somewhat False

4=Slightly False

5=Slightly True

6=Somewhat True

7=Mostly True

8=Definitely True

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\_\_\_ 1. I can think of many ways to get out of a jam.

\_\_\_ 2. I energetically pursue my goals.

\_\_\_ 3. I fell tired most of the time.

\_\_\_ 4. There are lots of ways around any problem.

\_\_\_ 5. I am easily downed in an argument.

\_\_\_ 6. I can think of many ways to get the things in life that are most important to me.

\_\_\_ 7. I worry about my health.

\_\_\_ 8. Even when others get discouraged, I know I can find a way to solve the problem.

\_\_\_ 9. My past experiences have prepared me well for my future.

\_\_\_ 10. I've been pretty successful in life.

\_\_\_ 11. I usually find myself worrying about something.

\_\_\_ 12. I meet the goals that I set for myself.

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Total Hope Score: \_\_\_\_\_

Scores of 40 – 48 are hopeful, 48 – 56 moderately hopeful, and 56 or higher as high hope.

Adapted

Snyder, C.R., Harris, C., Anderson, J.R., Holleran, S.A., Irving, L.M., Sigmon, S.T., &... Harney, P. (1991). The will and the ways: Development and validation of an Individual-differences measure of hope. *Journal of Personality and Social Psychology*, 60, 570-585.

Hellman, C. M., Pittman, M. K., & Munoz, R. T. (2014). The first twenty years of the will and the ways: An examination of score reliability distribution on Snyder's dispositional hope scale. *Journal of Happiness Studies*, 14, 723-729.