A RAY OF HOPE FOUNDATION

YOUR NEXT STEP

A Guide to Hope, Growth & Empowerment

You don't have to have everything figured out.
Sometimes transformation begins with one small, healthy step. This guide is a space to pause, reflect, learn, decide, act, and grow.

1. PAUSE

Give yourself permission to slow down and acknowledge where you are.

Reflect: What am I feeling or carrying right now?

_____

2. REFLECT

Create space to consider what you need and what matters most.

Reflect: What do I need right now to move forward in a healthy way?

_____

3. LEARN

Seek knowledge, encouragement, and support that can help you understand your next step.

Reflect: What information, skill, or support could help me?

_____

4. DECIDE

Choose one healthy and realistic direction based on what you have learned.

Reflect: What is one decision I can make that supports my well-being and growth?

_____

5. ACT

Turn intention into action by taking one practical step.

Reflect: What is one step I can take today or this week?

_____

6. GROW

Recognize that growth is a process. Give yourself room to learn, adjust, and continue.

Reflect: Who am I becoming as I continue this journey?

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THE HOPE MODEL™

A Ray Of Hope Foundation's work is grounded in a framework that moves women toward healing, opportunity, preparation, and empowerment.

H — HEAL	Healing restores what trauma has damaged.
O — OPEN DOORS	Opportunity unlocks new possibilities.
P — PREPARE	Preparation equips women with the skills and confidence to move forward.
E — EMPOWER	Empowerment enables women to lead and invest in others.

A WORD OF HOPE

Healing is a journey. Growth is a process. Hope gives us the courage to take the next step.

You do not have to complete the entire journey today. One healthy step can create room for the next one.

MY NEXT STEP

One thing I want to strengthen:

_____

One step I will take:

_____

Someone or something that can support me:

_____

A Ray Of Hope Foundation
Faith-centered, evidence-informed education designed to equip women to heal, grow, and thrive.

Encourage • Enlighten • Empower | arayofhopefoundation.org