

HOPE

Analysis

LOWER HOPE

PATHWAY BUT NO WILLPOWER

SELF-TALK STATEMENT

*I can find a way,
but I cannot do it*



HIGH HOPE

PATHWAY AND WILLPOWER

SELF-TALK STATEMENT

*I can find the way and
I know I can do it!*



APATHY

NO PATHWAYS AND NO WILLPOWER

SELF-TALK STATEMENT

*I cannot find a way and I can't do it!
Why Try?*



LOWER HOPE

WILLPOWER BUT NO PATHWAY

SELF-TALK STATEMENT

*I want to do it but cannot
find a way.*



