

الأمل

د - عبد المحسن ابراهيم ديغم

ما هو الأمل؟



.

الأهداف

المسارات

قوة الإرادة



goals : الأهداف 🌟



اذأ : -

موضوع  
او  
خبرة

حاجة او رغبة

تحقق على المستوى  
القريب او البعيد

*Willpower* - قوة الإرادة

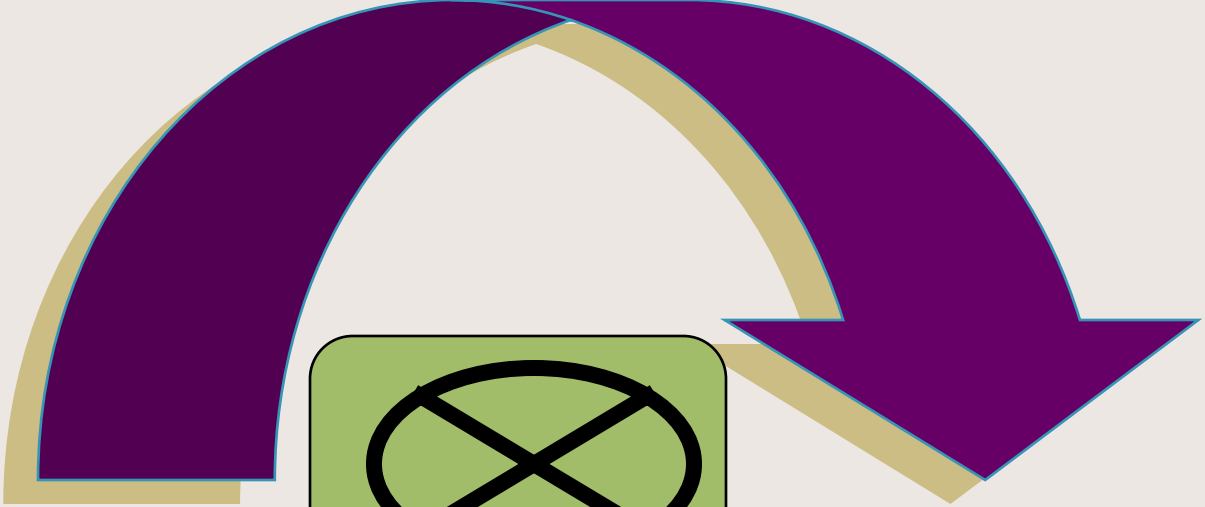
Mental energy

.

# Way power

Mental

Capacity



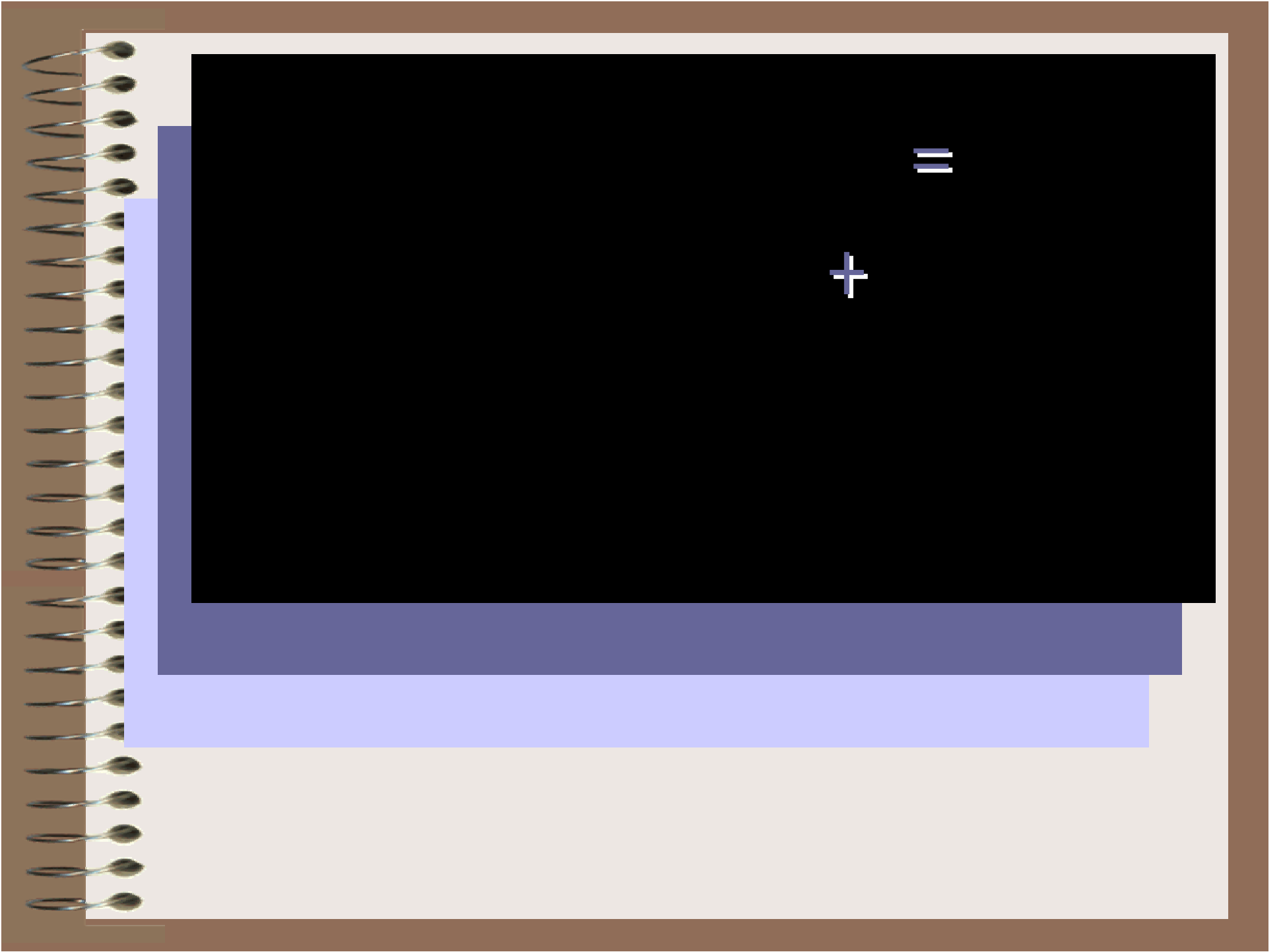
انا

الهدف

عوائق








الأمل ليس :-

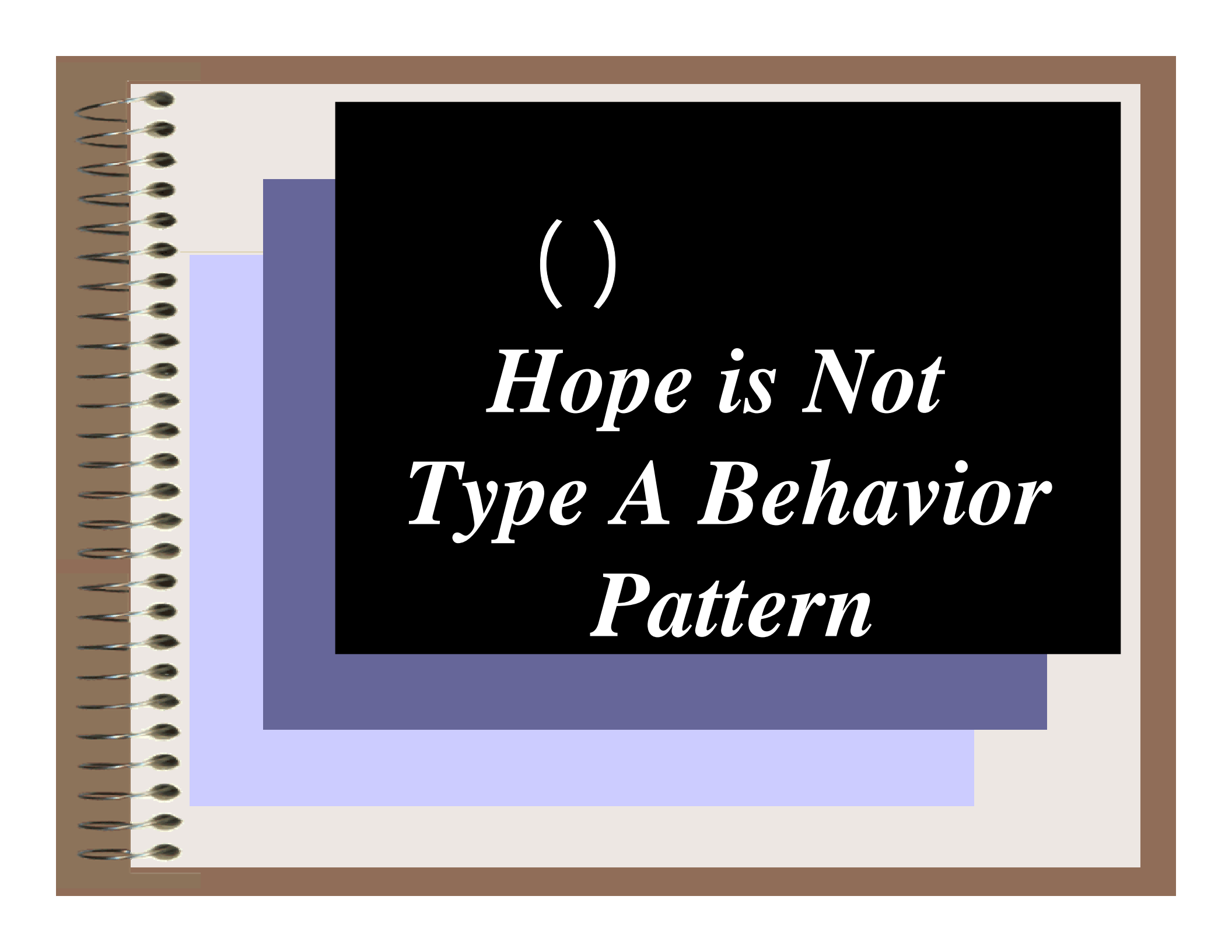


The image features a spiral-bound notebook with a brown cover and a light-colored, textured fabric-like surface. A silver metal spiral binding is visible on the left side. Overlaid on the notebook is a black rectangular box containing the text "Hope not learned optimism" in a white, italicized serif font. To the left of the black box are two overlapping vertical bars: a taller, lighter blue one in front and a shorter, darker blue one behind it. Below the black box, there are two horizontal bars: a longer, lighter blue one in front and a shorter, darker blue one behind it, creating a layered, L-shaped graphic effect.

*Hope not  
learned optimism*

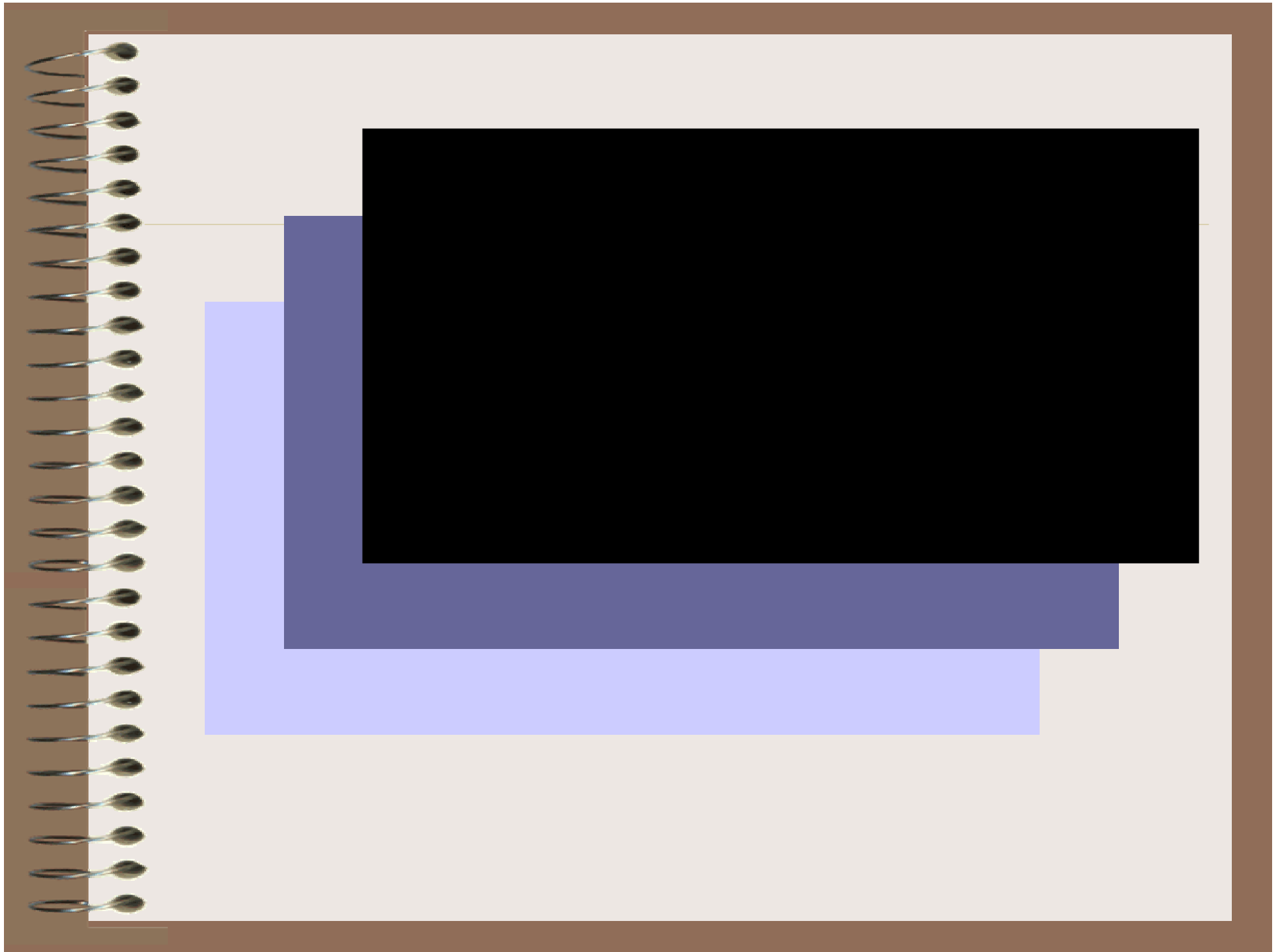
The image features a spiral-bound notebook with a brown cover and a light-colored, textured fabric-like surface. A silver metal spiral binding is visible on the left side. Overlaid on the notebook is a large black rectangular area containing the text. To the left of this black area are two overlapping rectangular bars: a light blue one in front and a darker blue one behind it. The text is written in a white, italicized serif font.

*Not  
Emotion and Self  
Esteem*



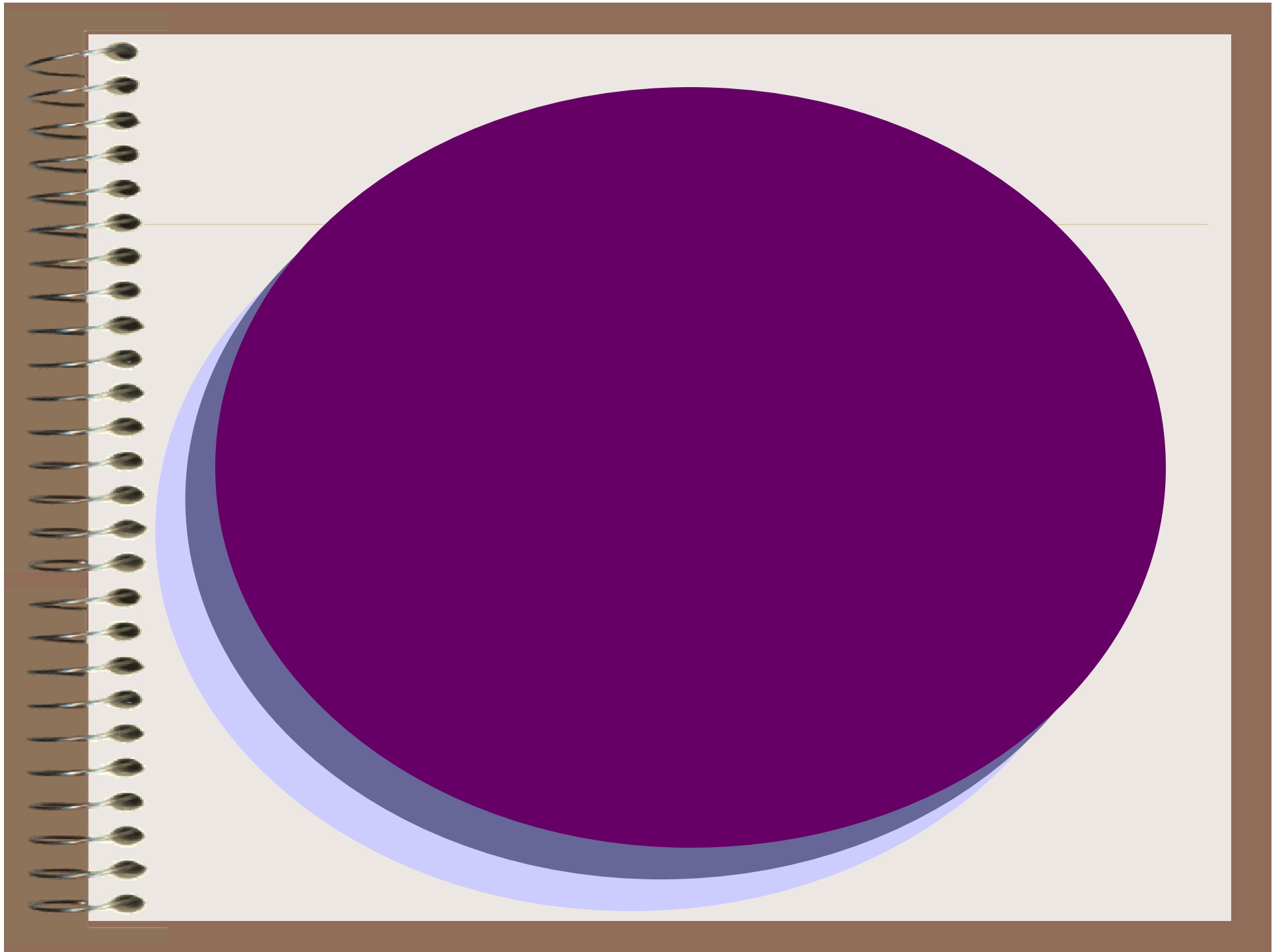
( )

*Hope is Not  
Type A Behavior  
Pattern*



A spiral-bound notebook with a brown cover and a light-colored, textured fabric-like surface. The notebook is open, showing a black rectangular area in the center. The text "Not use less" is written in a white, italicized serif font within this black area. The notebook's metal spiral binding is visible on the left side. There are also some light blue and purple rectangular shapes on the page, possibly representing sticky notes or highlights.

*Not use less*





**hope therapy**

**Snyder " "**

**Jerome Frank**

