The Children’s Hope Scale

Directions: For each sentence, please think about how you are in most situations. Place a check inside the circle that describes you the best. For example, place a check (✓) in the circle (O) above the phrase that best describes you. There are no right or wrong answers.

1. I think I am doing pretty well.
   O O O O O O
   None of the time A little of the time Some of the time A lot of the time Most of the time All of the time

2. I can think of many ways to get the things in life that are most important to me.
   O O O O O O
   None of the time A little of the time Some of the time A lot of the time Most of the time All of the time

3. I am doing just as well as other kids my age.
   O O O O O O
   None of the time A little of the time Some of the time A lot of the time Most of the time All of the time

4. When I have a problem, I can come up with lots of ways to solve it.
   O O O O O O
   None of the time A little of the time Some of the time A lot of the time Most of the time All of the time

5. I think the things I have done in the past will help me in the future.
   O O O O O O
   None of the time A little of the time Some of the time A lot of the time Most of the time All of the time

6. Even when others want to quit, I know that I can find ways to solve the problem.
   O O O O O O
   None of the time A little of the time Some of the time A lot of the time Most of the time All of the time

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