

Foreword by Jessica Honegger
Founder of Noonday Collection

How Small Acts
of Love Can
Change Your World

SIGNS OF HOPE

YOU ARE
ENOUGH

YOU ARE
WORTHY
OF LOVE

DON'T
GIVE UP

YOU ARE
NOT ALONE

Amy Wolff

Founder of the **DON'T GIVE UP MOVEMENT**

A PDF COMPANION TO THE AUDIOBOOK

ZONDERVAN BOOKS

Signs of Hope

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Requests for information should be addressed to:

Zondervan, 3900 Sparks Dr. SE, Grand Rapids, Michigan 49546

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Chapter 1

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STARTING A GLOBAL MOVEMENT

GOING DEEPER

- Have you taken a big risk that felt foolish but also so right? What happened?
- Do you agree with our decisions not to make the movement a brand or a business and to avoid religious connections? Why or why not?
- Why do you think the signs instantly resonated with so many people?

Chapter 2

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SEEING THE IMPACT

GOING DEEPER

- When was the last time you experienced or read in the news about a random act of no-strings-attached kindness?
- What message would *you* print on a sign?
- How is shame keeping you stuck? Who can support you?

Chapter 3

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WHAT GOOD CAN I DO?

GOING DEEPER

- What is the kindest act of love you've received from a stranger?
- Is there a need, local or otherwise, that's within your capacity to meet?
- Whom do you admire for taking empathetic action?

Chapter 4

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DITCHING THE CAPE

GOING DEEPER

- Is there a wound that keeps you feeling broken or unqualified?
- How does that uniquely qualify you to help others? Who might they be?
- What ordinary, imperfect action could you take to help someone today?

Chapter 5

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TAKING EMPATHETIC ACTION

GOING DEEPER

- Whom can you cheer on this week?
- Make a list of your skills, resources, passions, or assets. How can these help others? Maybe you'll have to think outside the [small wooden] box.
- Is there a need you heard about this week that's within your ability to meet?

Chapter 6

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CLAIMING IT FOR OURSELVES

GOING DEEPER

- Who holds hope for you?
- In what areas are you currently feeling helpless, out of control, or disappointed?
- What do you need right now? Whom can you ask to help?

Chapter 7

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MEANING IT

GOING DEEPER

- Is there a person or group of people whom you find extra difficult to love? Why?
- Write a list of “both/and” statements that reflect the nuance of your opinions and belief systems.
- What cognitive distortions resonate most with you? (For a more thorough list, visit <https://positivepsychology.com/cognitive-distortions/>.)

Chapter 8

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HOLDING OUTCOMES LOOSELY

GOING DEEPER

- Was there a time you did something in kindness and the outcome wasn't what you expected?
- What could be the *single story* of your life, and how is it incomplete?
- When was the last time you had a strong emotional reaction to something? Rumble with those feelings.

Chapter 9

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RAISING A COMPASSIONATE GENERATION

GOING DEEPER

- List anyone who is currently under your influence. When was the last time you looked them in the eye and affirmed their character? If not recently, then how can you affirm them this week?
- Have you stopped a conversation or diverted attention to avoid a heavy, controversial, or confusing topic? If you could go back in time, what would you do differently?
- Do you tend to default to reason and convenience or risk-taking and dreaming big? Does your default affect how you might empower others to act on their empathy?

Chapter 10

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IN THIS TOGETHER

GOING DEEPER

- Where did you observe hope and solidarity during the COVID-19 pandemic?
- Where are you on the hope continuum model? Do you feel anger, despair, or apathy? How does it help to identify and work through those emotions?
- Where and how can you be a dealer of hope? Identify your goals, whether large or small, and the pathway to achieve them. Then claim your agency and do something!