

# Adult Hope Scale

(Developed by Rick Snyder, 1991. Reference: Gwinn, C. and Hellman, C. (2019) *Hope Rising, How the Science of Hope Can Change Your Life*. Morgan James Publishing).

**Directions:** Read each item carefully.  
Using the scale shown below, please circle the number that best describes YOU.

Definitely True
Mostly True
Somewhat True
Slightly True
Slightly False
Somewhat False
Mostly False
Definitely False

1. I can think of many ways to get out of a jam. ....	1	2	3	4	5	6	7	8
2. I energetically pursue my goals. ....	1	2	3	4	5	6	7	8
3. I feel tired most of the time. ....	1	2	3	4	5	6	7	8
4. There are lots of ways around any problem. ....	1	2	3	4	5	6	7	8
5. I am easily downed in an argument. ....	1	2	3	4	5	6	7	8
6. I can think of many ways to get the things in life that are important to me. ....	1	2	3	4	5	6	7	8
7. I worry about my health. ....	1	2	3	4	5	6	7	8
8. Even when others get discouraged, I know I can find a way to solve the problem. ....	1	2	3	4	5	6	7	8
9. My past experiences have prepared me well for my future. ....	1	2	3	4	5	6	7	8
10. I've been pretty successful in life. ....	1	2	3	4	5	6	7	8
11. I usually find myself worrying about something. ....	1	2	3	4	5	6	7	8
12. I meet the goals that I set for myself. ....	1	2	3	4	5	6	7	8

## Agency/Willpower

Add scores for questions:

- 2 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_
- 12 \_\_\_\_\_

**Total:** \_\_\_\_\_ (range: 4-32)

Higher scores reflect higher agency.

## Pathways/Waypower

Add scores for questions:

- 1 \_\_\_\_\_
- 4 \_\_\_\_\_
- 6 \_\_\_\_\_
- 8 \_\_\_\_\_

**Total:** \_\_\_\_\_ (range: 4-32)

Higher scores reflect higher pathways thinking.

## Total Hope Score

Add score for Agency and Pathways

- Agency \_\_\_\_\_
- Pathways \_\_\_\_\_

**Total:** \_\_\_\_\_

Scores of 40-48 are hopeful,  
48-56 are moderately hopeful,  
56 or higher are high hope.

Research shows that Hope is made up of two qualities: Agency (or Willpower) and Pathways (or Waypower). Willpower is determined, in part, by your brain having enough fuel, or nutrients. Waypower is the ability to make small steps toward your goal and comes, in part, from having support to continue towards your goals. Use this scale to measure your Hope over time.