



## Got Hope?

### The Meaning of Hope

#### Hope

*"Hope is not pretending that there is never any sorrow. It's the knowledge that our troubles will be overcome tomorrow. It's the inner strength we call on to sustain us now and then, until our problems lie behind us and we are happy once again."*

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#### A Nudge of Hope



When my father was still alive, one of the things I remember most in conversations I had with him growing up was his constant reference to the word "Hope." Whenever I was upset about anything, he would always say, "Chris, you have to have Hope." As I got older and

began to do more and more personal development work, I wondered time and time again the real meaning of the word Hope.

My father passed away in April of 2007 of cancer and even as he was dying he continued to say he had Hope. I have to admit, if I wasn't confused about Hope before, I really was confused then. How could he have Hope when he knew he was dying? What good was Hope anyway if you already knew what the outcome would be of a bad situation, such as an illness? I cannot say I had a lot of Hope when I was watching the man who was my father and best friend die slowly of cancer. What was ironic was shortly after he died, I was getting constant reminders of his lesson of Hope. A friend bought me a bracelet that had Hope engraved on it; I realized I was reading Obama's new book, "The Audacity of Hope;" I was seeing bumper stickers on cars all over the place with messages of Hope. I took this as a sign that my father was trying to tell me it was time I learned the meaning of this word.

It has been 1 ½ years since my father passed away and I just recently think I figured out what Hope really is. (OK, call me a slow learner!) I thought I would bring the message to you so we can all have Hope in these times for a better future, a better tomorrow and a better world.

### **My Meaning of Hope**

Both times I have been in Peru I have been really attracted to the children there. They live a very different life than our children. Our eyes would say they live in poverty. Their eyes tell you something very different. Although for most of them their surroundings barely meet their physical needs, they all seem to be joyful, happy and content. They believe that tomorrow will be better. They believe that they are looked after by a higher power. They believe that everything happens for a reason. They have Hope.

One of the things I have always advocated with my family and my clients is that it is of utmost important to feel good. When we are feeling good, we are tapping into our potential. When we feel better, we are better: Better dads, sisters, employees, daughters, neighbors, citizens, etc. This feeling, although sometimes temporary because our life "happens", gets us through the day, that meeting we dread, the divorce, the funeral; our lives. Feeling good and believing no matter what happens or how things turn out that we will be okay; that is Hope. Life does not always go according to our plan. We, as humans, think we have it all figured out; that our plan is how it should be. Those that have a different view (God, the Universe, whatever you believe your higher power to be) see what we cannot. What seems like a tragedy to us may be a blessing in disguise. What seems like the rougher road may actually be the easier one. Our job is to open up our hearts to see the lesson and trust; to have Hope.

Hope is our strength and inner guidance. It comes in many forms; friends, spouses, children, strangers who say exactly what you need to hear, billboard signs, bumper stickers, random emails, a beautiful sunset. Each one gives us exactly what we need to make it through another day and to know that tomorrow will be perfect; and filled with Hope.

### **See Chris at One of These Live Events!**



**News4Women "Call Back Your Power" October 29, 2008 Wilmington, DE**

**Healthy Living Expo of South Jersey "Healing from the Inside Out" November 1, 2008 Voorhees, NJ**

**APGFCU Womens Conference "Living a Balanced Life" November 15, 2008 Bel Air, MD**

**DE SHRM State Conference "Empowering Your Employees to Live Better..and Work Better" November 19, 2008 Dover, DE**

eWomen Network "Living a Balance Life" December 2, 2008 Bucks County, PA  
MD SHRM State Conference "Got Balance?" December 4, 2008 Adelphi, MD

To book Chris for a future speaking engagement or corporate event, please contact:

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*This is For You, Dad*

*This is for you, for the father I love. For the one who helped me through all my childhood fears and failures. For the man who was a wonderful example of what more men should be. For the person whose devotion to his family was marked by gentle strength and guidance. If you never knew how much I respect and admire you, I want you to know now. This newsletter and all I do to inspire people are for you. Thank you for your lesson of Hope.*

Chris

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