

The Power of Hope

Getting You From Here to There

By Portia Tung



“What’s one of the most hopeful things you’ve ever done?”

Share with a neighbour

1 min each

*“Everything that is done in the
world is done by hope”*

Martin Luther

Portia Tung



Agile Coach – Storyteller – Playmaker

Blog: www.selfishprogramming.org | Twitter: portiatung

Email: portia@portiatung.org

“What’s one of the most hopeful things I’ve ever done?”



SpringOne Conference June 2006

Exterior

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of the arts
london

life is
short

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The Power of Hope

In order to make my dreams come true

As a high hoper / low hoper*

I need ideas on how to become more hopeful.

Success Criteria

I can explain what hope is

I have a working knowledge of hopeful thinking

I have at least 3 ideas for increasing my hopefulness to achieve a personal goal

I've had fun!

YOU CAN GET
THERE FROM
HERE

The
**Psychology
of Hope**

C.R. Snyder



What Hope isn't

Unrealistic or "Pollyanna" optimism

Learned optimism

"Type A" person

A measure of intelligence or previous achievement

8443-012853017-207679

Good luck for your draw on Fri 13 Feb 15

Your numbers

A 01 12 14 16 30 - 07 09 Lucky Stars

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V LX366992

draw = £2.00

“Want to find out hopeful you are?”

The Hope Scale

1 = Definitely false 2 = Mostly false 3 = Mostly true 4 = Definitely true

- 1) I energetically pursue my goals.
- 2) I can think of many ways to get out of a jam.
- 3) My past experiences have prepared me well for my future.
- 4) There are lots of ways around any problem.
- 5) I've been pretty successful in my life
- 6) I can think of many ways to get the things in life that are important to me.
- 7) I meet the goals that I set for myself.
- 8) Even when others get discouraged, I know I can find a way to solve the problem.

From "The Psychology of Hope" by C.R. Snyder

What is Hope?

“The sum of the willpower and waypower that you have for your goals.”

C.R. Snyder

Life is too
important
to be taken
seriously!

(Oscar Wilde)

this
is your
world.
shape it or
someone
else will.

-gary
lew

never
never
never
give
up

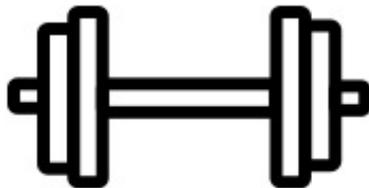
(winston churchill)



Goal

Any objects, experiences or outcomes that we imagine and desire in our minds

Willpower



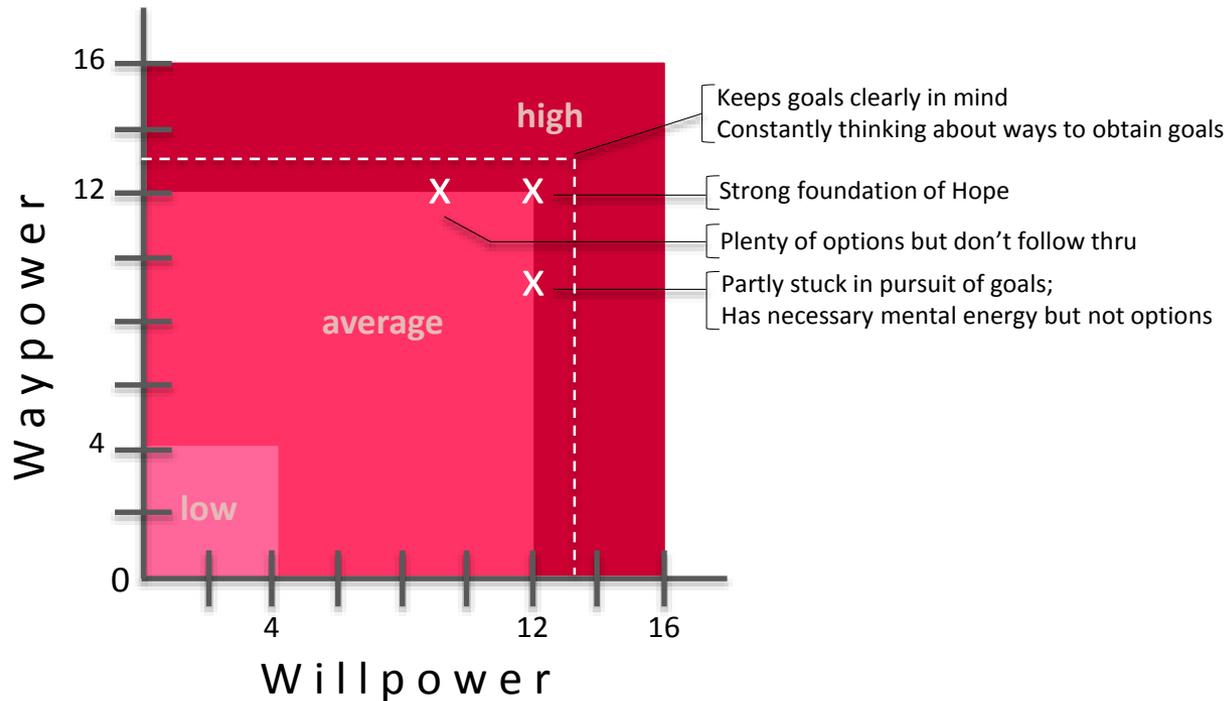
Reservoir of determination and commitment to move us in the direction of (a) goal

Waypower



Mental capacity we call on to find one or more effective ways to reach our goals

How hopeful are you?



Data based on results from 10,000 people taking the Hope Scale by C.R. Snyder

“
*Nothing in life is to be feared.
It is only to be understood.*

MARIE CURIE

Understand more. Visit our exhibitions.



What high hope looks like

Feel in control of own destiny

High self-esteem

Positive affectivity (being present and in flow)

Competitive – Seeking mastery

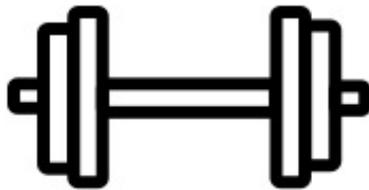
Less anxious

Less depression

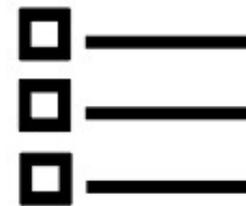


Goal

Willpower



Waypower

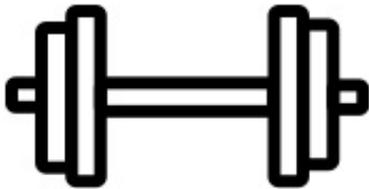




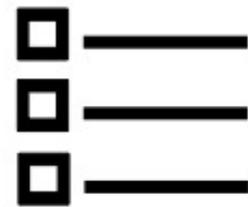
Goal



Willpower



Waypower



“What’s your BHAG?”

An Agile Adventure

In order to get more value from my hard-earned lessons learned

As an Agile Coach

I need to share my Agile coaching experience.

Success Criteria

Readers feel confident enough to try out tools/techniques

Readers can apply tools/techniques right away

Readers have had fun reading!

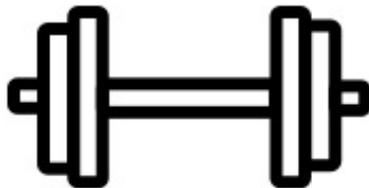
I've had fun writing!



Goal

- ✓ Express goal as a user story
- ✓ Define success criteria
- ✓ Validate clarity of goal
- ✓ Work backwards from goal
- ✓ Find the shortest and quickest route

Willpower



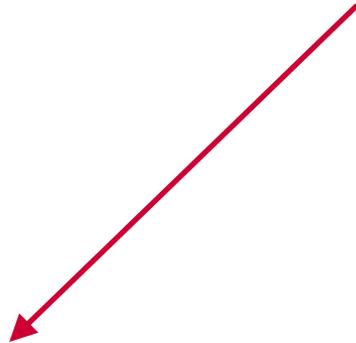
Waypower



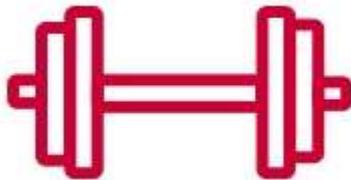
“How can you clarify your goal?”



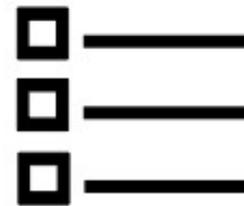
Goal



Willpower

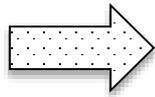


Waypower



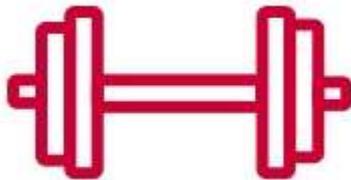


Goal

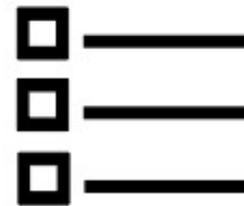


A B

Willpower



Waypower

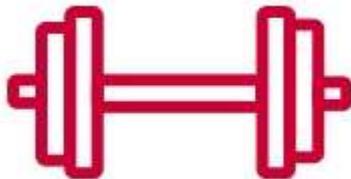




Goal

- ✓ Anticipate change
- ✓ Exercise regularly
- ✓ Maintain a healthy diet
- ✓ Practice mindfulness
- ✓ Laugh at yourself often

Willpower

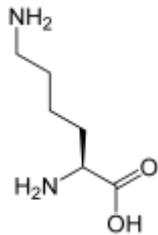


Waypower

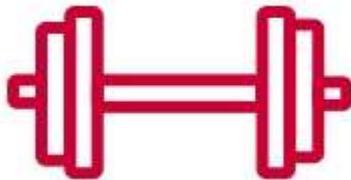




Goal



Willpower



Waypower



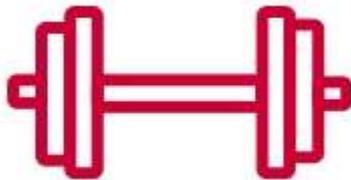


Goal

Lycine is found in:

- Eggs
- Meat (red meat, lamb, pork, poultry)
- Soy
- Beans and peas
- Fish (cod and sardines)

Willpower



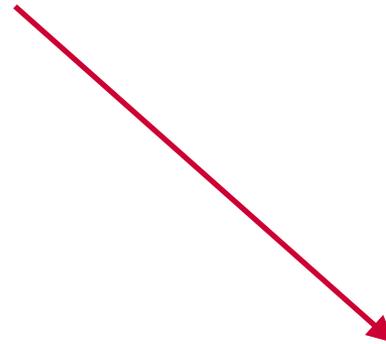
Waypower



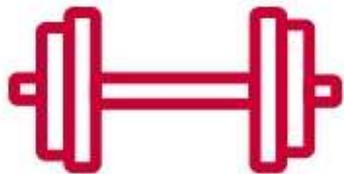
“How can you increase your willpower?”



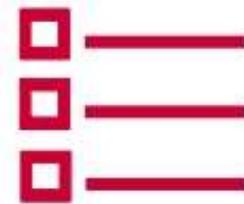
Goal



Willpower



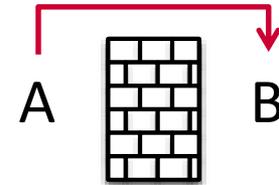
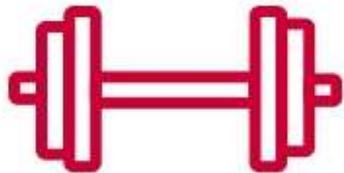
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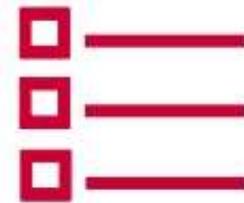


Goal

Willpower



Waypower

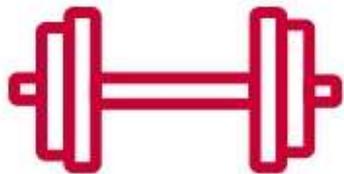




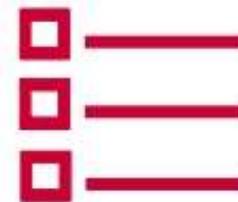
Goal

- ✓ Breakdown goals into subgoals
- ✓ Take baby steps
- ✓ Mental rehearsal
- ✓ Learn the skills you need
- ✓ Cultivate friendships

Willpower



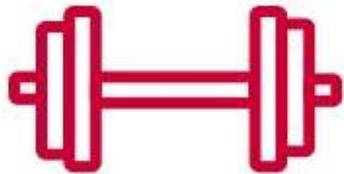
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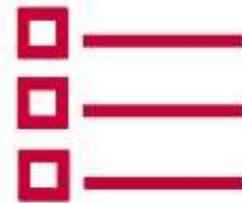


Goal

Willpower



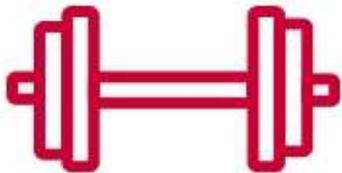
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Goal

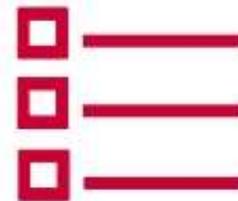
Willpower



A Real Option has a:

- Value
- Cost
- Expiry condition
- Never commit early unless you know why

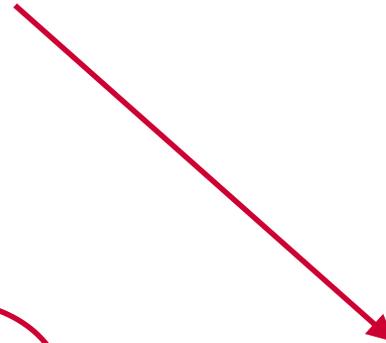
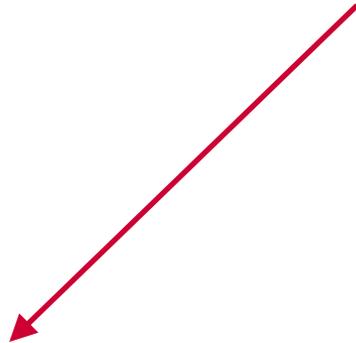
Waypower



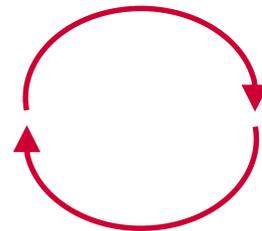
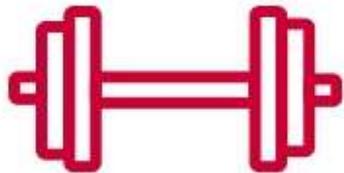
“How can you increase your waypower?”



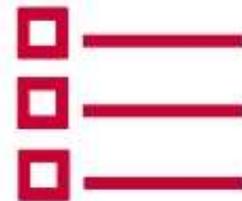
Goal



Willpower



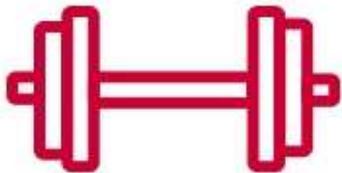
Waypower



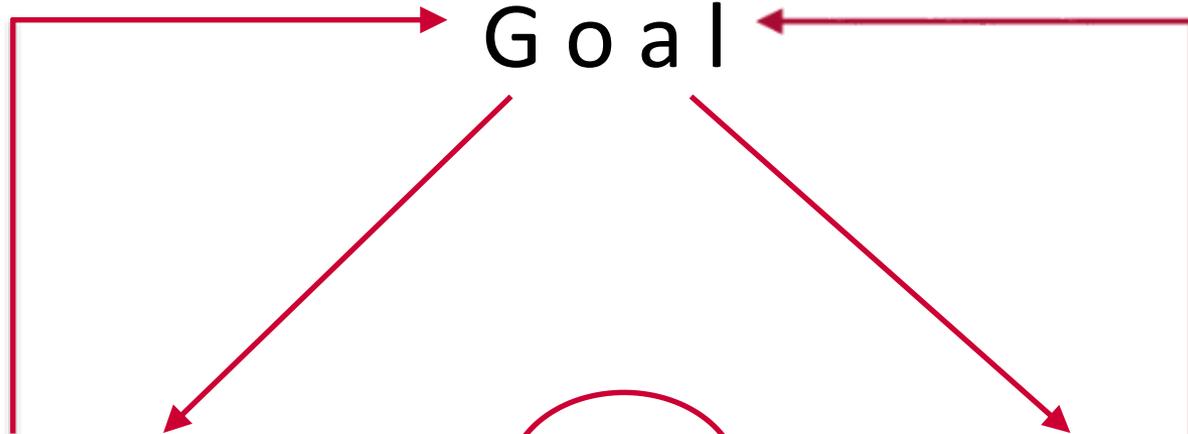
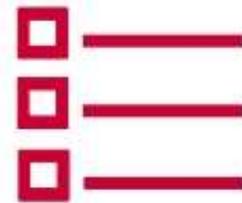


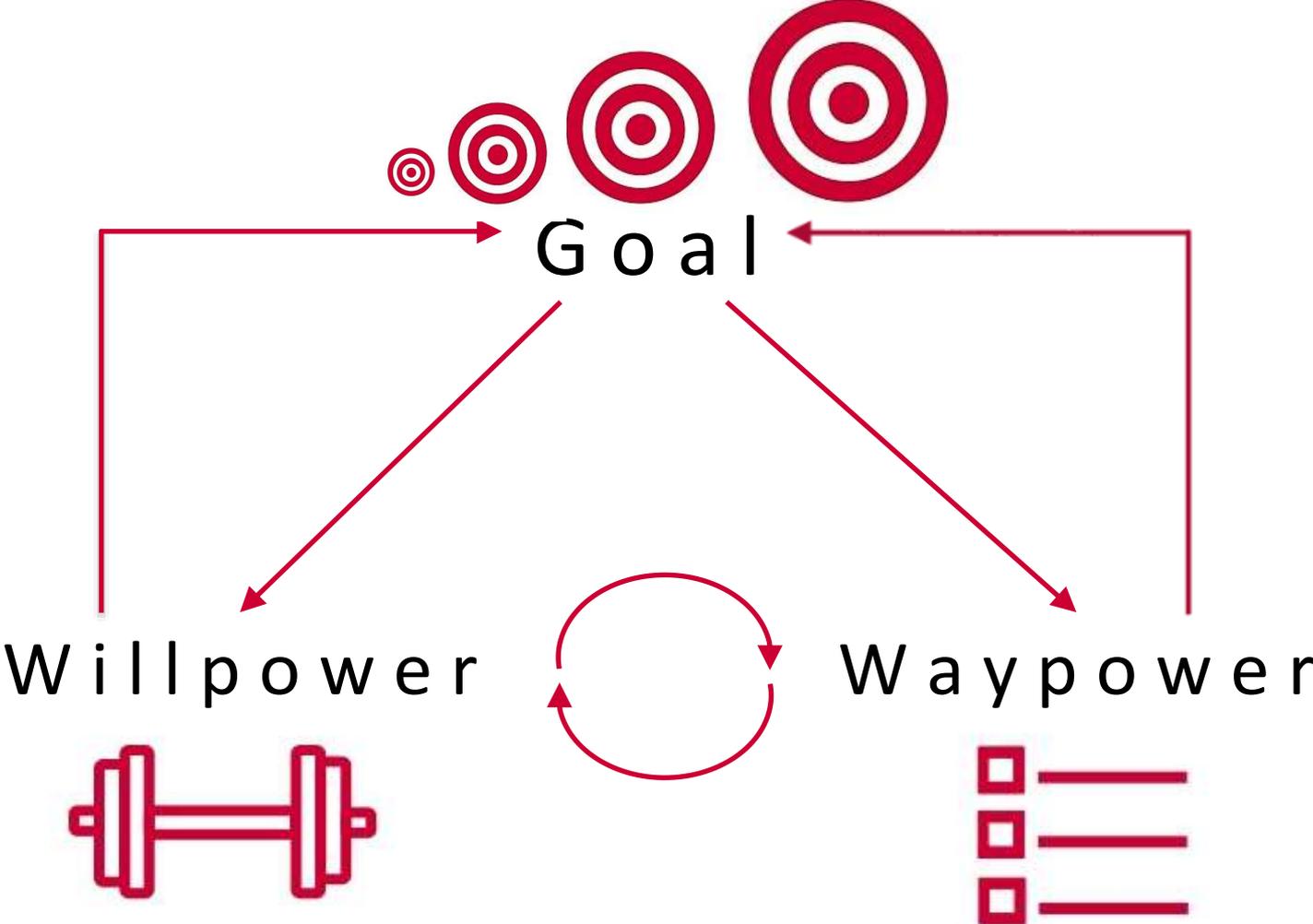
Goal

Willpower



Waypower





Cultivating H.O.P.E.



H for Help

Give help and ask for help



The Scientific 7-Minute Workout

By GRETCHEN REYNOLDS

Do each workout for 30 seconds.



1. Jumping jacks



2. Wall sit



3. Push-up



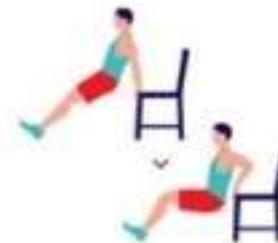
4. Abdominal crunch



5. Step-up onto chair



6. Squat



7. Triceps dip on chair



8. Plank



9. High knees running in place



10. Lunge



11. Push-up and rotation



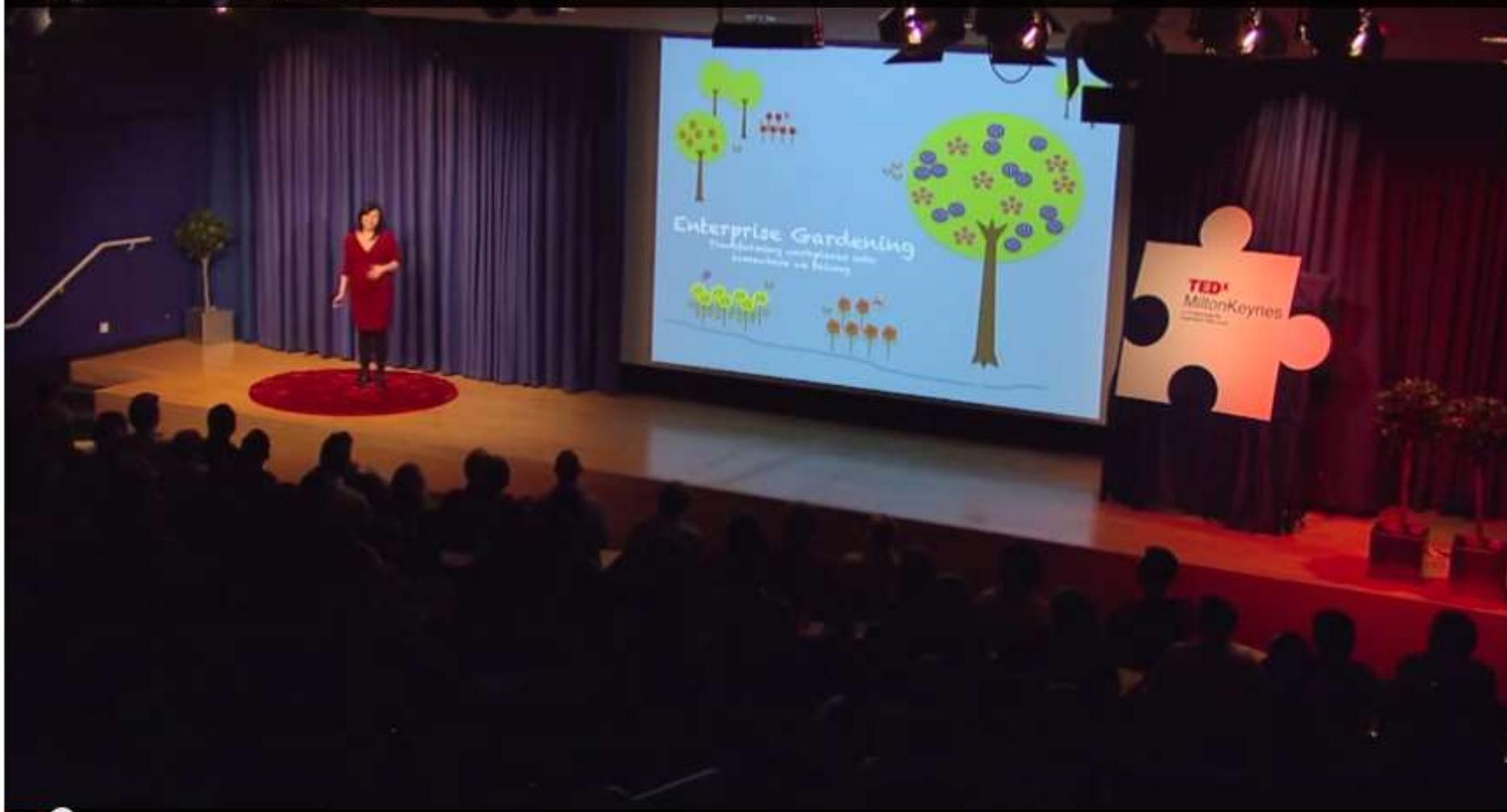
12. Side plank

O for Options

At least 3 ways of getting things done



Enterprise Gardening - Portia Tung at TEDxMiltonKeynes



0:15 / 8:34



YouTube



P for Purpose

Without a goal it's hard to score



The Play Manifesto

“Play is when you have more fun than purpose”



Everyone's invited
An option not an obligation
Opportunity to give and receive
Game-changing

www.playmaking.org
with Portia and Friends

E for Excellence

Good enough means doing your best



The
Pragmatic
Programmers

The Dream Team NIGHTMARE



Boost Team
Productivity
Using Agile
Techniques

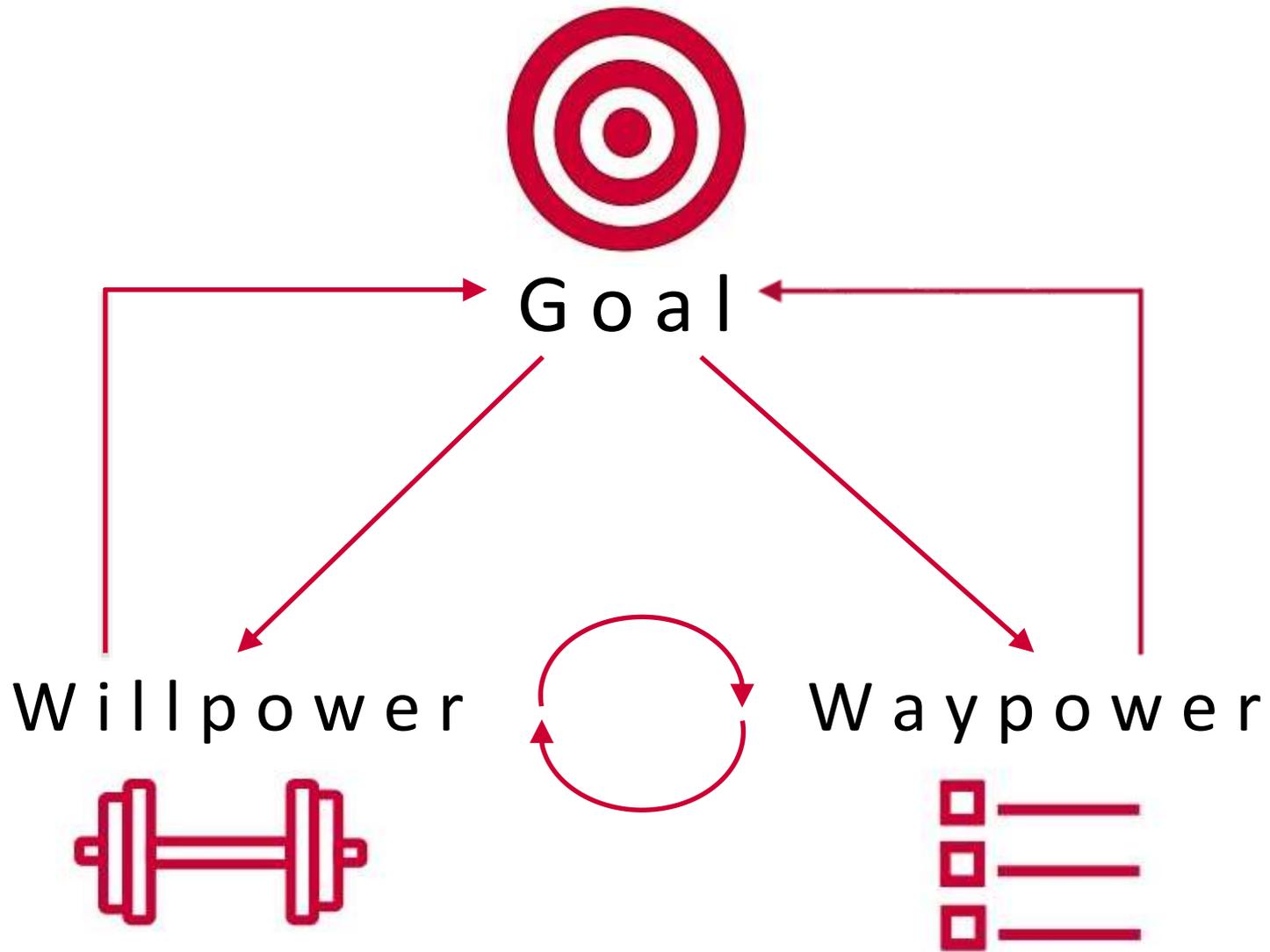


Portia Tung

Edited by Lynn Beighley

*“Everything that is done in the
world is done by hope”*

Martin Luther



Cultivating H.O.P.E

Help – Options – Purpose – Excellence

Sources of Inspiration

The Psychology of Hope
C.R. Snyder

Daring Greatly
Brené Brown

*How Scrum boosts your productivity
& willpower*
Anna Obukhova
<https://www.youtube.com/watch?v=w4Pj7fWVr3Q>

Commitment
Chris Matts & Olav Maasen





Examples of Hopeful Thinking

Agile Fairytales

www.agilefairytales.org

Enterprise Gardening

www.enterprisegardening.org

Playmaking

www.playmaking.org

The Power of Hope

In order to make my dreams come true

As a high hoper / low hoper*

I need ideas on how to become more hopeful.

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I've had fun!

Wishing you a hopeful journey!



Agile Coach – Storyteller – Playmaker

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