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100 Keys for Hope

自分を幸せにする英語100



Vicki Bennett

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Introduction

The world media focuses on planet earth as an unfriendly, unsafe place, and it sometimes looks that way. In spite of this, the human spirit remains strong, kind, generous, and hopeful. Although there are wars, political turmoil, and pandemics at any given time, I feel more hopeful and confident about the human spirit than ever before.

This book has everything about living a hope-filled life. It offers clear choices, ideas, and inspirations for a good life, and helps readers to build hopeful lives with courage and inspiration. Many of the ideas and tools in this book are about dealing with anxiety. I've found that high levels of anxiety can smother hope in a heartbeat.

I have shared what I have learned about handling the ups and downs in life. As an adult, I've struggled with feeling that I am enough. The need for approval has always driven me, often to the high end of anxiety, and, when I was younger, to depression. Like many others, I have had lots of counseling to help find where my anxiety started, and this journey has helped me to live a life of curiosity, love, and passion.

Each chapter is part of a knowledge map, giving direction and guidance to assist you on your journey toward hope. The messages in each chapter are aimed at creating a positive life and share ideas for living well in this crazy world.

You are not alone; each one of us is searching for hope, love, and self-discovery. This book understands the yearning in each of us and shows the way forward. The tools and skills in the pages of this book will lead you to success and hope.

My deepest thanks to all the people who contributed to this book. A special thanks to Mariko Hyland for your perseverance, and professionalism over three decades as my literary agent in Japan. And thanks to Ian Mathieson for editing this book.

Vicki Bennett



About the Author

Vicki is an author, artist, filmmaker, writing coach, and corporate trainer. She has written 35 books and written and co-produced a documentary, *Never Forget Australia*.

Her writing career began with personal development books and has expanded to children's books, young adult, and adult fiction. Books include: *I've Found the Keys Now Where's the Car?*, *Life Smart*, *The Effective Leader*, *Signposts for Life*, *Two Pennies*, *The Little Stowaway*, *Oliver's First Big Spy Adventure*, *The Book of Hope—Antidote to Anxiety*, *The Flying Angel*, and *The Promise*.

Web: www.vickibennett.com.au

Instagram: [vickibennettcreativity](https://www.instagram.com/vickibennettcreativity)

Facebook: [vickibennettcreativity](https://www.facebook.com/vickibennettcreativity)

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名言の習者

Chapter 1 Eleanor Roosevelt エレノア・ルーズベルト (1884-1962) アメリカ第32代大統領フランクリン・ルーズベルトの妻(ファーストレディ)。夫の死後、1946年から1952年までアメリカの国連代表も務めた。

Chapter 2 Philo of Alexandria アレクサンドリアのフィロン(生没年不詳) 古代ローマ帝国のアレクサンドリアで活躍したユダヤ人哲学者。ギリシア哲学をユダヤ教思想に初めて適用し、初期キリスト教思想に大きな影響を与えた。

Chapter 3 Wayne Dyer ウェイン・ダイアー (1940-2015) アメリカの心理学者・作家。マズローの自己実現をさらに発展させた「個人」の生き方重視の意識革命を提唱し、新個人主義の旗手として知られている。

Chapter 4 Miguel Ruiz ミゲル・ルイス(1962-) メキシコの作家。かつてメソアメリカに存在したとされる伝説のトルテカ帝国の精神主義的、新思想的な教えに着目した著述で有名。

Chapter 5 Ashleigh Brilliant アシュリー・ブリリアント (1933-) イギリスの作家・漫画家。1975年からアメリカで発表されている、1コマのイラストに1行のユーモアあるコメントを添えた「Pot-Shots」で知られている。

Chapter 6 Walt Disney ウォルト・ディズニー (1901-1966) アメリカのアニメーター・実業家。世界的に有名な「ミッキーマウス」をはじめとするキャラクターの生みの親であり、「ディズニーランド」の創立者。

Chapter 7 **Shane J. Lopez** シェーン・J・ロペス(1970-2016)

アメリカの心理学者・科学者。コンサルティング企業のGallup社で研究主幹として活躍。生徒の希望や強みを開発する研究に特化し、教育システム改革を主張した。

Chapter 8 **William S. Burroughs** ウィリアム・S・バロウズ

(1914-1997) アメリカの小説家。文章をバラバラに刻んでランダムにつなげる技法「カットアップ」の発明者であり、これを駆使した実験小説やSF作品で有名。

Chapter 9 **Maya Angelou** マヤ・アンジェロウ(1928-2014)

アメリカの活動家・作家。1960年にキング牧師と出会い、公民権運動に参加。1993年のビル・クリントン大統領就任式では自作の詩を朗読した。

Chapter 10 **Dalai Lama** ダライ・ラマ14世(1935-) チベット

とチベット人民の象徴であり精神的指導者。1989年、世界平和やチベット宗教・文化の普及に対する貢献によってノーベル平和賞を受賞。

Chapter 11 **Brené Brown** ブレネー・ブラウン(1965-) アメ

リカの作家・講演者。勇気・心の弱さ・恥・共感などに関する研究を行い、著書はベストセラーとなっている。TEDでの講演も有名。

Chapter 12 **Jane Howard** ジェーン・ハワード(1905-1996)

アメリカのジャーナリスト・作家。1956年から1972年までLife誌に在籍した。女性文化人類学者マーガレット・ミードの伝記を著したことで有名。



Chapter 1

Make Peace with Anxiety

I gain strength, courage, and confidence by every experience in which I must stop and look fear in the face.

Eleanor Roosevelt,
US First Lady, Humanitarian.



1.

What is hope?

Hope is optimism with action. It is believing that life is beautiful, even though some of the things that happen in life aren't. And that your life will work out. Hope means being mostly positive about the future.

It's being cheerful, kind, and grateful about what you already have—being more optimistic with colleagues at work, and with family and friends in your personal life.

Hope means that you set goals and create action to make those goals come true. Goals such as being more joyful, grateful, or compassionate will help you to become more hopeful. Actions such as helping someone carry their shopping bags, helping a child to learn, or opening a door for someone who has their hands full; all match a hopeful attitude.

Now, more than ever, is the time to become more hopeful.

Bring hope into your life

Whether you think about it or not, hope is a big part of everyone's life. Everyone hopes for something good to happen.

Hope has many shapes—a happy child, an open door, a new book to read, a lost credit card returned to its owner, a new beginning, or a fresh spring day. It is a feeling of trust, of wanting good things to happen in the future, of hoping your life can be better in some way.

Hope reduces stress and improves your quality of life.

To bring hope into your life, first, you need to have an open, calm, and positive outlook on life. Secondly, you need to do good things to bring hope into your life. Be kind to yourself and others, speak well of others, look for the positive things that are happening around you, and build on these.



3.

Be your best self

Would you like to be the best version of yourself?

The version that is kind, hopeful, generous, and grateful? It is easy to look at others and think they are doing better than you. You don't know if they are. Each of us is dealing with challenges, so it is important to do the best you can.

Your thoughts and actions impact your level of hope. Do small things every day to be your best self, and increase your level of self-care by being more optimistic.

Be kind to yourself and others—go out of your way to do something kind for another person. Listen well, and pay attention to what other people say to you without jumping in. Listening well is a great way to become the best you can be.

Think differently

Humans have been trained for thousands of years to think about the negative. This kept us safe in the past when we needed to be aware of danger and threats. We now still focus on what's going wrong, what's missing, and what might go wrong in the future.

Being more grateful for what you have is a way of building more resilience and strength. Noticing the good things in your life, and the source of those good things, creates a high level of gratitude and is linked to life happiness and hope.

When you take the time to shift your attention to what's working in your life, more of your needs can be met. Gratitude tones down the alarm system in your brain; this reduces your feelings of stress, and creates a feeling of well-being.

Gratitude balances out negativity and builds awareness of what you want in your life, rather than what you don't want.



5.

Listen carefully

Everyone loves to be listened to.

When you listen carefully, you become much more valuable to others because they like to feel heard. When someone feels heard, they feel more respected and liked.

It is not just listening to another person until you feel you understand them—it is so that they feel well listened to. A feeling of being understood bonds us to that person. When people feel heard and understood, they feel more valued and hopeful about the future.

When you really listen to someone, they are more likely to seek to listen to you, as listening develops deep trust.

6.

Notice anxiety

Pandemics and wars happen all over the world and are on your screens and in newspapers all the time. These events can make you feel anxious and sad about the state of the world.

Anxiety about work, study, family, and money can also wear you down. You cannot control what happens outside of your life, but if you look after yourself by what you think and believe, you can develop resilience.

When you become aware of anxiety, take deep-diaphragm breaths and focus on something that has happened that was great; then breathe into that feeling. Leaning into positive feelings will help the anxiety to let go of you.

You are stronger than you think you are.

