

Create Sparks for Hope

Hope isn't just a feeling — it's an action. And the smallest actions can create the biggest change. Whether you're caring for yourself or lifting someone else, sparking Hope starts with a choice.



Spark Hope for Yourself



MAKE A NUTRITIOUS MEAL

Fuel your body and mind with love. ([Explore Walmart Healthy Recipes](#))



WRITE DOWN 3 THINGS YOU'RE HOPEFUL FOR

Name your vision. Anchor your energy. ([Van Gogh Sunflower Gratitude Journal](#))



PLANT SEEDS FOR HOPE

Let the world remind you that change is always possible. ([Burpee Sunflower Seeds](#))



LIGHT A CANDLE AND BREATHE DEEPLY

Reset your nervous system. Center in possibility. ([Sweet Sugared Lemon Candle](#))



PRACTICE ONE SHINE SKILL

Pick a micro-action from Stress Skills, Happiness Habits, Inspired Actions, Nourishing Networks, or Eliminating Challenges. ([Shine Hope Infographic](#))

Spark Hope for Someone Else



SEND A KIND MESSAGE

Let someone know what gives you Hope —especially about them. ([Sunflower Notecard](#))



DELIVER A SURPRISE OR SMALL GIFT

A care package, flowers, or a hopeful quote. ([Sunshine Sunflower Care Package Spa Basket](#))



WEAR YELLOW WITH SOMEONE

Celebrate Hope together—bright and bold. ([Bella and Canvas Yellow Tees](#))



TAG SOMEONE PUBLICLY AND HONOR THEIR HOPE

"This person gives me Hope because..."



TEACH SOMEONE A HOPEFUL MINDS LESSON

Use our free curriculum and Parent's Guide to share the 'how' of Hope. ([Download the Hopeful Minds Overview & Parent's Guide](#))

BONUS ACTION!

WANT TO KNOW WHO STARTED THIS MOVEMENT?

Read or gift "[The Biggest Little Book About Hope](#)" to discover the story of Kathryn Goetzke — the spark behind the International Day of Hope. Learn how one person's journey through loss and darkness became a global movement for healing, connection, and action.



Sample Social Media Caption:

"Hope isn't just a feeling — it's an action. Today I Created Sparks of Hope by _____. How will you spark Hope for yourself or someone else? #InternationalDayOfHope #IDOH2025 #LetsShineHope #Hope #CreateSparks"

Some of the links in this campaign are affiliate links. That means iFred may earn a small commission at no extra cost to you. All proceeds support our mission to teach the science and skills of Hope. Contact hope@ifred.org to learn more.

GET INVOLVED. STAY INSPIRED.
Sign up for updates, tools, and stories.
Visit www.internationaldayofhope.org

