

- What is hope? Is it an idea, a feeling, a virtue? Something else?

Hope is a virtue because sometimes hope is the hardest thing to summon. Many people have said many things about hope, Barack Obama put it, “Something better awaits us if we have the courage to reach for it and to work for it and to fight for it.” “(Dionne Jr.). Hope, especially during these times, is not just floating around in the air, the ability to get hope requires a strong mindset. Hope is definitely powerful but lacking hope is easier and causes much more damage. People who are able to access hope become some of the most powerful people in their field.

- Is hope necessary for living a good life?

Yes, hope is necessary for a better future and an active approach to life. Research from Psychology Today shows “hope can help us manage stress and anxiety and cope with adversity” which in turn helps reach unattained goals (Schrader). Emotions gained from hope allow us to retain our optimism and happiness leading to a prosperous lifetime.

Works Cited

<https://www.washingtonpost.com/opinions/2023/07/09/politics-hope-carol-graham-michael-lamb/>
<https://www.psychologytoday.com/us/blog/imperfect-spirituality/201902/why-hope-matters#:~:text=Research%20indicates%20that%20hope%20can,happiness%20and%20motivates%20positive%20action.>