

## **Virtuous Hope Scale**

Thomas, K. J., Rand, K. L., Rogers, S. K., Henry, R. D., & Witvliet, C. V. O. (2025). Hope as a virtue: Toward a theoretically-grounded measure in English, isiZulu, and Portuguese. *Applied Developmental Science*, 1–20.

Please rate the following items on a scale of 1 = strongly disagree; 2 = disagree; 3 = mildly disagree; 4 = mildly agree; 5 = agree; 6 = strongly agree

1. My vision for the future keeps me going.
  2. It is important to me to hold onto hope.
  3. I have specific reasons why I believe the future can be better.
  4. I stay hopeful when I face hardships.
  5. I am prepared to deal with hardships to achieve a better future.
  6. I am hopeful about the future even though today is hard.
  7. I encourage others to keep pushing ahead.
  8. I give others a reason to be hopeful for the future.
  9. Part of my life purpose is to give others hope.
  10. I focus my thoughts on how my goals will help others.
  11. I feel hopeful when I help others.
  12. I do things that will improve the future of others.
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