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The main objective of this paper was to conduct a cross-cultural study comparing a pool of positive variables in an American and Brazilian sample. The variables were hope, optimism, life satisfaction, affects, self-esteem, and personality. The participants were 179 Americans aged 18 to

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This latter goal
emphasis parallels
hope theory, but it
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ory where there may
be enduring, cross-
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According to hope theory, hope reflects individuals' perceptions regarding

their capacities to (1) clearly conceptualize goals, (2) develop the specific strategies to reach those goals (pathways thinking), and (3) initiate and sustain the motivation

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for using those
strategies (agency
thinking).

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aid understanding of research findings and concepts; discusses the importance of hope to relationships, achieving goals, and success at work

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few decades, researchers from various disciplines and from around the world have studied how hope relates to superior academic performance, improved outcomes in the workplace, and improved psychological and physical health in individuals of all ages.

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