



Week two: Goal setting

It can be difficult to think about making plans at the moment but even making plans for each day can help us get through the day and give us a sense of achievement. During this session we will think about our strengths and the challenges we have overcome in the past, to help us make plans and set goals for each day.

Activity

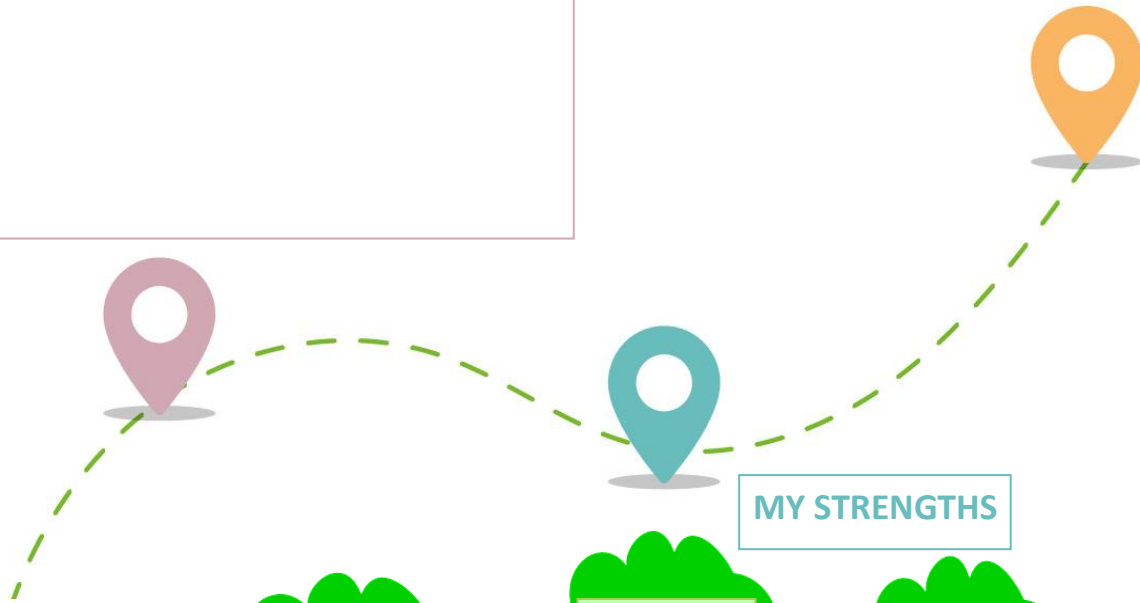
We will create a vision board that maps out our goals and plans for the next few days or hours. You can include cut outs from magazines, photographs, quotes that inspire or mean something to you, poems, drawings...anything.

Sometimes, to work out how to move forward, it helps to reflect on where you have come from. Thinking about your strengths and challenges you have overcome in the past can help you to think about ways to achieve your goals.

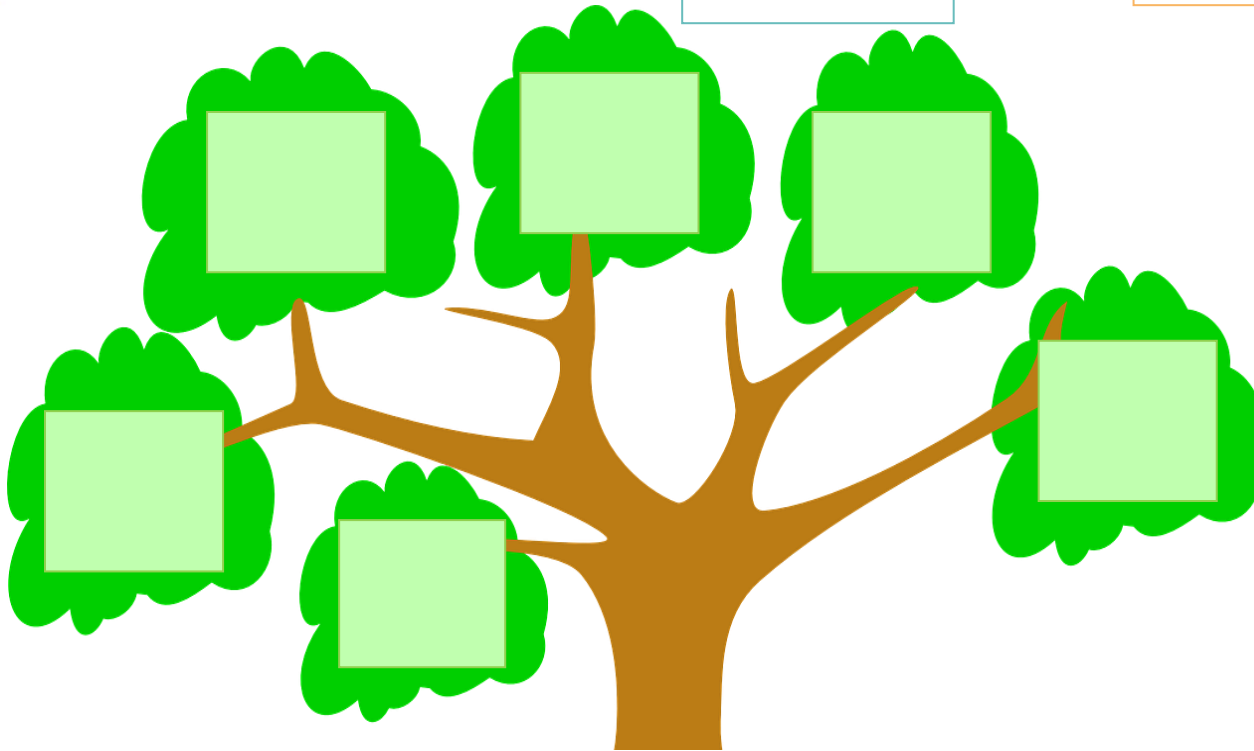
On the next two pages is a template to help you get started (you can print this out and use it during the session if you want to) and an example of what it can look like.

Where I have come from...

My plans for _____



MY STRENGTHS



Example

Plans for tomorrow

The collage features several elements: a pair of white sneakers with the word "Persistent" in a yellow cloud; a person climbing a rock with "Anxious" in a pink starburst and "BREATHE" in blue; a colorful staircase with "step by step"; a robin with "organised" in a white cloud; a bowl of fruit; a rainbow with "Look for the silver lining"; and a yellow cloud with "Laughter". A pink starburst also contains the text "Need motivation".

Need motivation

Persistent

Anxious

BREATHE

step by step

organised

Laughter

Look for the silver lining



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