

HANDOUT: GOAL-SETTING & THOUGHT BARRIERS

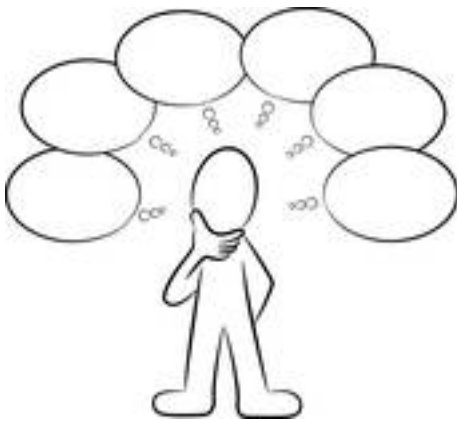


STEP 1: SET YOURSELF A CHALLENGING GOAL

Set a self-care goal:

- Something that is doable but you're not currently doing
- Is challenging enough to take you out of your normal 'comfort zone'

My goal is to:



STEP 2: NOTICE WHAT YOUR MIND SAYS AND DOES

Write any thoughts (or 'self-talk') that you notice in the spaces below

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STEP 3: REFLECT ON WHAT YOU NOTICED ABOUT YOUR THOUGHTS

The human mind tends to generate all sorts of thoughts. Some may be encouraging – perhaps predicting that you will go ahead and achieve your goal.

However, the human mind is also very good at generating ‘reasons’ for why we won’t/ can’t/shouldn’t/ might not achieve a goal. This type of chatter often comes in the following forms:

□ **OBSTACLES**

Our mind points out all the obstacles and difficulties that lie in our path

Example: “I won’t have enough time”

□ **JUDGMENTS**

Our mind tells us all those ways in which we’re not up to the task

Example: “I won’t do it right”

□ **COMPARISONS**

Our mind compares us unfavourably to others who seem to do it better, have more talent, or have it easier

Example: “Others don’t seem to have this problem”

□ **PREDICTIONS**

Our mind predicts failure, rejection, or other unpleasant outcomes

Example: “This won’t work”

DID YOUR THOUGHTS FIT INTO ANY (OR ALL) OF THESE CATEGORIES?