



# The Psychology Collective

## Setting Goals

Goals may be things that you really want to do more of or, for example new skills, more confidence, better habits etc. There may be steps toward your goal that help you work towards longer term overall goals such as improved performance or returning to work. These steps toward goals will change as you work towards your overall goals.

Write down the goals that you want to set yourself. Your goal could be anything, there's some examples to help you.

Goal – overall goal and & steps toward my goal	What can I do already	Amount of practice	Notes, possible problems
Overall- I want to reduce my overall stress  Step toward my goal- practice stress reduction techniques	Breathing techniques	10 minutes each day	<i>Find a quiet place, Practice on work days</i>
Overall goal- Increase upper body muscle mass  Step toward my goal- train upper body 3x a week at the gym	Biceps-10x25kg, triceps 10x15kg	3x per week	<i>Be mindful of competition days, make sure I'm getting adequate nutrition</i>

