

Looking ahead during Coronavirus

Road mapping

Looking ahead during Coronavirus

Sometimes it's hard to not feel overwhelmed by what is going on in our lives. The present moment can feel endless. Thinking about a goal or something to look forward to can help the brain to realise that there's more to look forward to and suddenly things can feel a bit more manageable.

GOAL SETTING AND LOOKING AHEAD

Planning for a future goal or dream needs breaking down...

THE GOAL

Deciding on a clear objective to look forward and aim towards

BOOSTS

Figuring out things that will help you get there

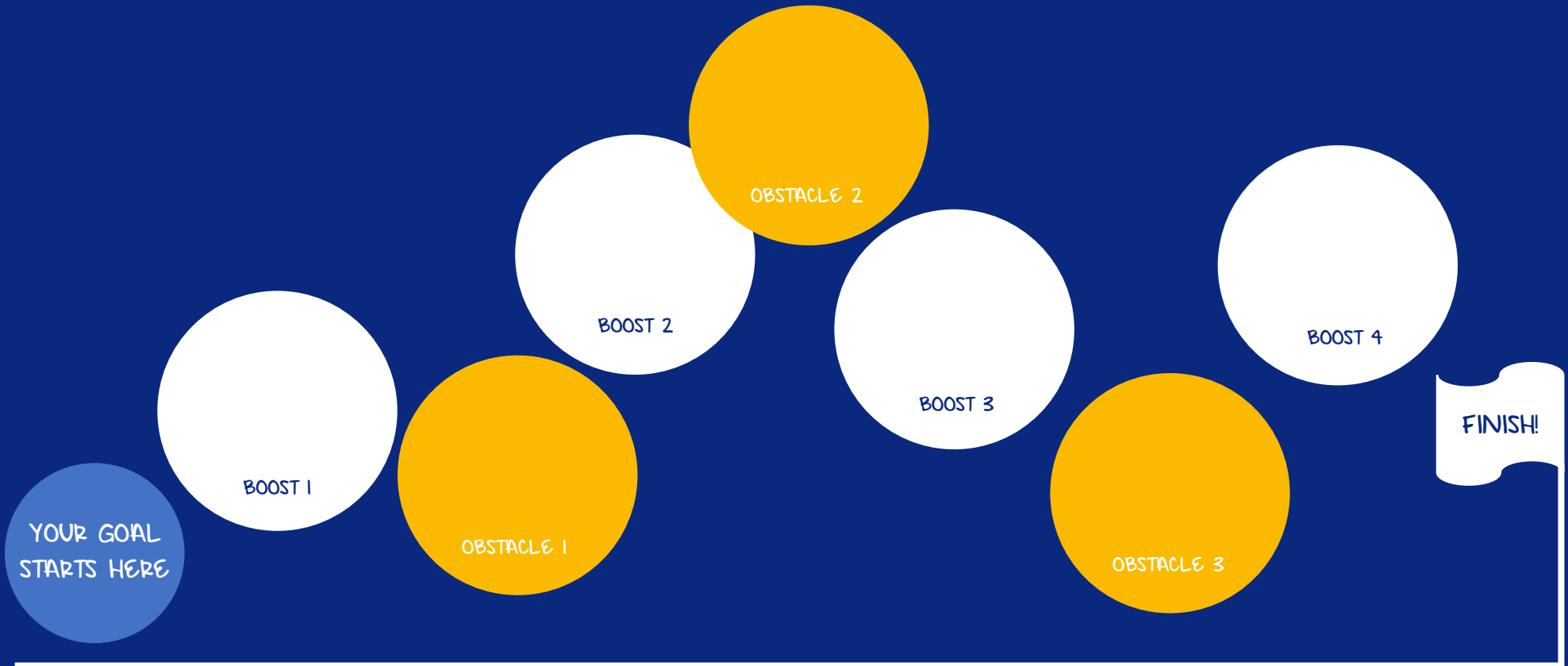
OBSTACLES

Recognising possible obstacles in your way

Now you're ready to plan...

Looking ahead during Coronavirus

Write your goal or something to look forward to here:



Looking ahead during Coronavirus

Write your goal or something to look forward to here:

My goal is to go to Spain to see my family

EXAMPLE

I can keep in contact with my family on Skype

BOOST 1

I can make flexible plans for when this is all over

BOOST 2

I 'll worry about flying

OBSTACLE 2

I have time to figure out how to overcome my fear and look for advice

BOOST 3

I will plan this with my sister so we can focus on something positive now

BOOST 4

I don't know when I can go

OBSTACLE 1

YOUR GOAL STARTS HERE

But I'm anxious about things now, not the future.

OBSTACLE 3

FINISH!