

# Looking ahead during Coronavirus

Road mapping for Young People

# 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...

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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 of flying 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.*

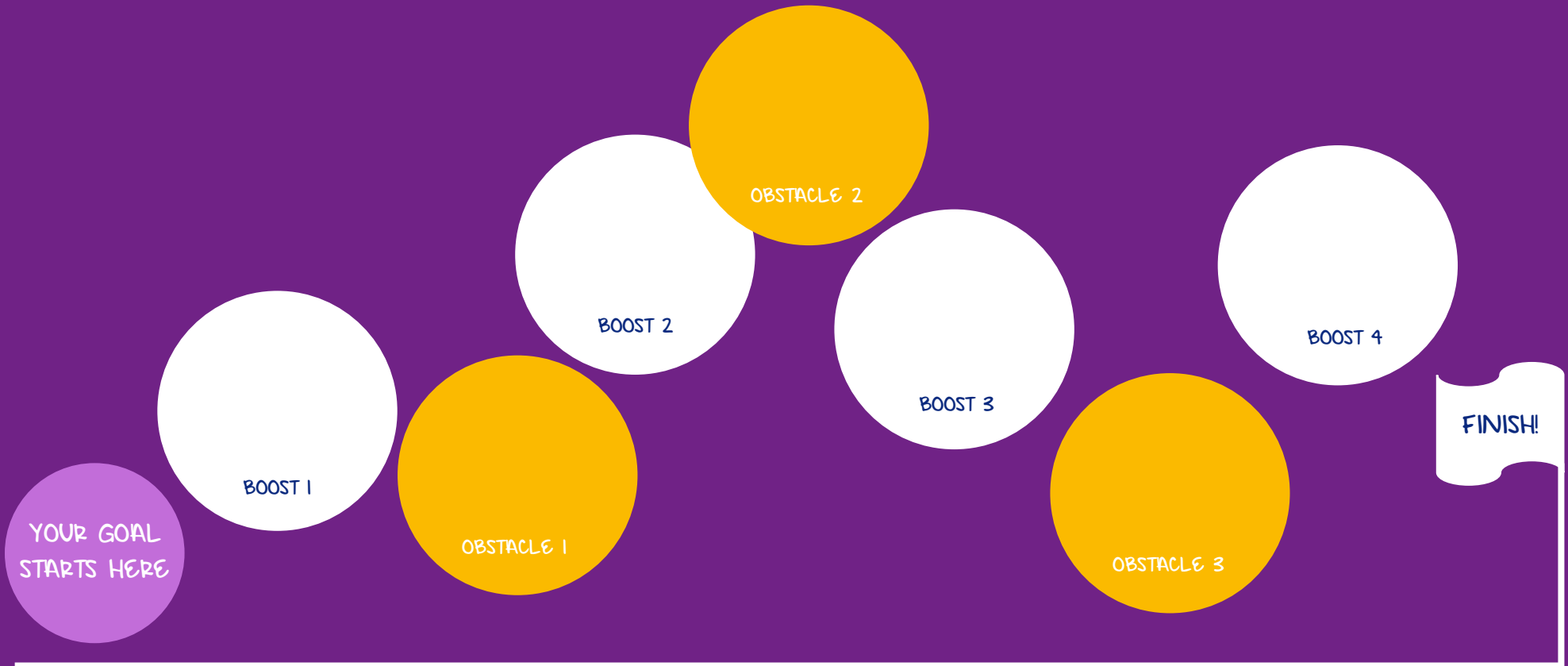
OBSTACLE 3

FINISH!

Now you're looking ahead and creating positive feelings for the future!

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Write your goal or something to look forward to here:



Now you're looking ahead and creating positive feelings for the future!