

Cultivating positive habits and building resilience

A resource pack for young people

MENTAL HEALTH SUPPORT TEAM (MHST)

SCHOOL BASED MENTAL HEALTH SUPPORT

Emotional Health Service

Achieving for Children

42 York Street

London TW1 3BW



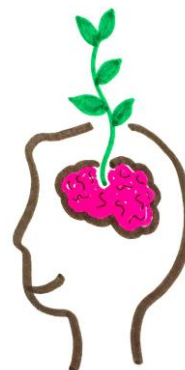
**achieving
for children**

A decorative wreath made of various green leaves and branches, framing the central text.

Grow Your Mind

A yellow sticky note with a red paperclip at the top left corner, containing the text 'Week 5: Self-reflection and setting goals'.

Week 5:
**Self-reflection
and setting
goals**



Self-reflection and setting goals

This week focuses on self-reflection and setting goals

Why is this important?

Having goals reminds us that our abilities are not innate, but instead something we have to work towards and develop. However, in order for goals to be helpful they need to be relevant and achievable. One way to ensure our goals are relevant and achievable is through reflecting on who we are as a person, what our areas of strengths are and the areas in need of growth and development.



How can we grow this area of our mind?

Practice self-
reflection

Setting goals

Breaking
goals in to
manageable
steps



Self-reflection

For this task you might like to get a pen and paper write things down.
I invite you to pause the presentation here and think carefully about yourself and have a go at completing the sentences below:

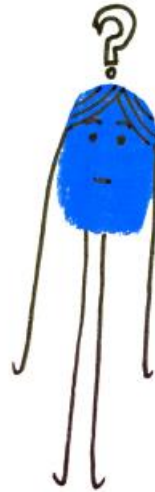
I am someone who always...

I am someone who wishes...

I am someone who cannot...

I am someone who can...

I am someone who is grateful for...



I am someone who struggles with ...

I am someone who never...

I am someone who forgets to...

I am someone who remembers to...

I am someone who is brilliant at...

Based on your answers, where do you think you might like to set a goal to improve on something?

Looking again at your responses, what strengths do you notice which might help you accomplish future goals?



Self-reflection

In case you got stuck, here's an example to illustrate what we mean:

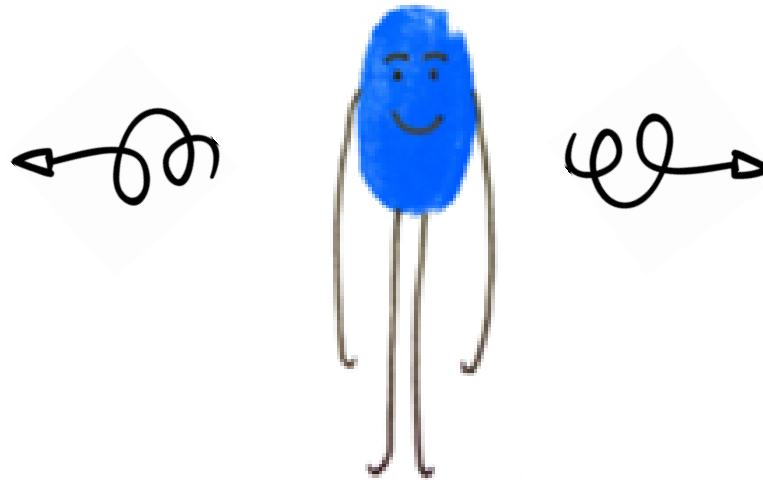
Joe notices that he wrote down:

"I am someone who wishes that I could be better at art"

And

"I am someone who struggles with being confident"

He decides that these are two areas he would like to develop. He will set a goal linked to this.



This is Joe!

Now he is ready to set his goal.

But Joe also sees that he wrote down that:

"I am someone who always has good friends"

And

"I am someone who is brilliant at trying my best"

He thinks that these are things which can help him achieve his goals. His friends can support him and his determined attitude will also help!



Setting goals

When we set goals there are some helpful things to remember to make sure that we can achieve what we set out to do:

Personal:

They should be related to something you find challenging. (Just like we identified through our self-reflection activity!)

Measurable:

For example, rather than the goal being to “talk to someone new with confidence”, change it to “talk to someone new for at least 2 minutes”. This means you can be sure about whether you have met the goal.

Realistic:

For example if we are working towards feeling more confident we should not aim to never feel nervous or worried. This isn't realistic, a bit of anxiety helps us to do our best.

Specific:

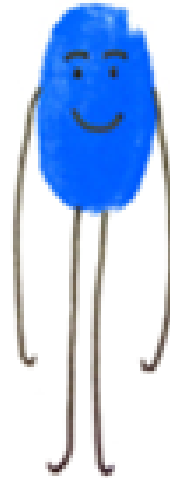
For example rather than saying I want to be better at art. The goal could be to paint one picture every week. This makes it easier to attempt.



Setting goals

Take a moment to think about how you could make your goal:

- *Personal*
- *Realistic*
- *Measurable*
- *Specific*



Joe has decided that he wants to combine his ideas in to one goal that will build his confidence and art abilities...

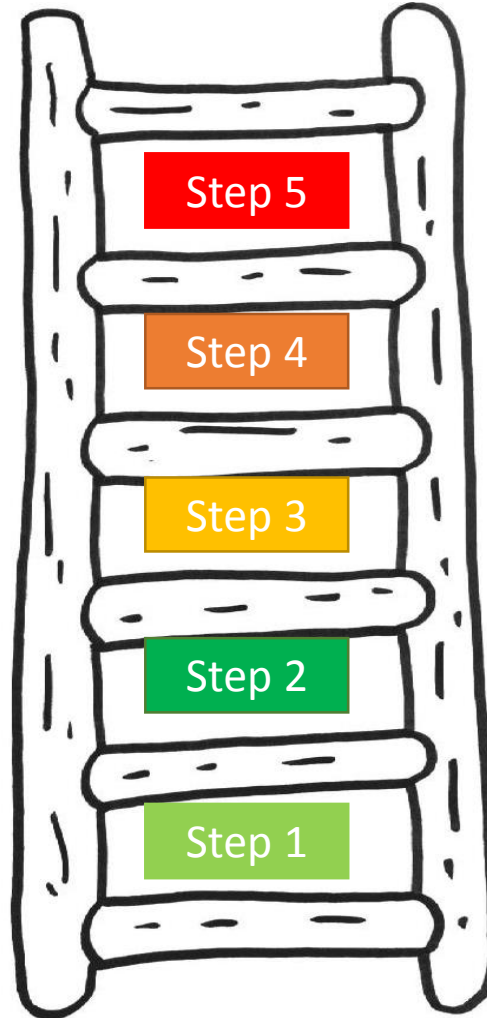
Goal: Go to Art club when I go back to school



Taking things step by step

Once we have set our goal, it's helpful to think about the different steps we need to take to reach it.

Taking it step by step helps to keep us motivated and supports our success!

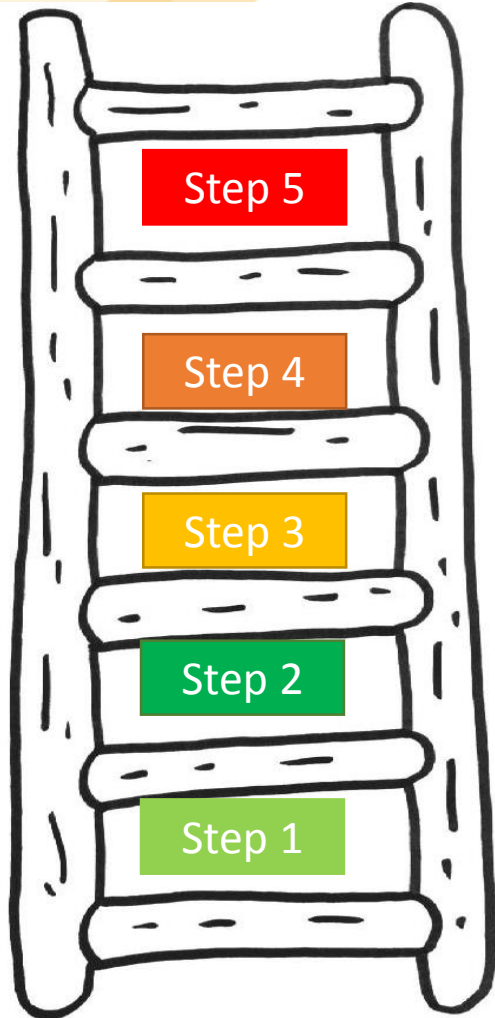


The steps need to be small enough to take, but big enough that you believe you're heading in the right direction.

A good tip is to keep doing each step until it feels easy. Then you are probably ready to try the next one on your list.



★ Goal: Go to Art club when I go back to school ★



Grab a pen and paper!
Have a go at putting these steps in the right order with step 1 being the easiest and step 5 being the hardest:

Attend the taster session with a friend

Ask a friend to come with me for the first session

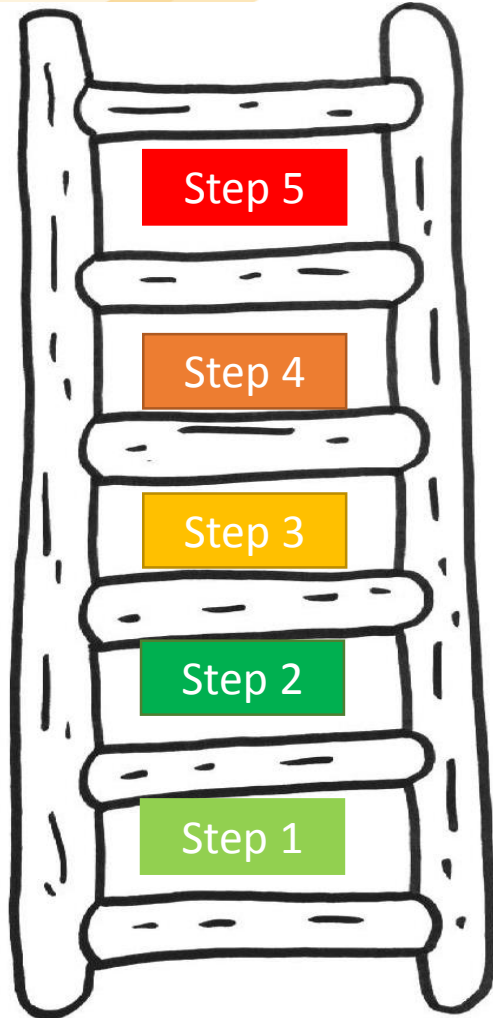
Find out what day the art club is running

Go to the art club each week

Join the art club



★ Goal: Go to Art club when I go back to school ★



How did you
get on?
The correct order is:

Go to the art club each week

Ask a friend to come with me for the first session

Join the art club

Attend the taster session with a friend

Find out what day the art club is running



Summing up

1. What 3 things have I learned?
2. What 2 things do I want to find out more?
3. What 1 question do I still need to ask?

Resources:

<https://camhs.cnwl.nhs.uk/children/cope-ometer/>

<https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself/>



We hope this session has been helpful
There is a word document you can access with some
more activities.

Next week...

Effort and practice!

