PSYCAP WORKSHEET: GROUP

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Badge 1 with solid fill | **GOAL:** | Click or tap here to enter text. | | | | |
| **SUB-GOALS:** | Click or tap here to enter text. | | | | |
| **SELECT ONE SUB-GOAL AND IDENTIFY SOME POSSIBLE PATHWAYS** | | | | | |
| **PATHWAY 1:** | Click or tap here to enter text. | | **PATHWAY 2:** | Click or tap here to enter text. | |
| Badge with solid fill | **Who will do what, when, how, where?** | | | **Who will do what, when, how, where?** | | |
| Click or tap here to enter text. | | | Click or tap here to enter text. | | |
| Badge 3 with solid fill | **Obstacles and challenges:** | | | | | |
| Click or tap here to enter text. | | | | | |
| **Resources/assets that will help overcome obstacles or challenges:** | | | | | |
| Click or tap here to enter text. | | | | | |
| Badge 4 with solid fill | **Negative thoughts “……”** | | **Evidence to ‘support’  this way of thinking:** | **Evidence to ‘disprove’ this way of thinking:** | | **Replacement thoughts:** |
| Click or tap here to enter text. | | Click or tap here to enter text. | Click or tap here to enter text. | | Click or tap here to enter text. |
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EXAMPLE

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| --- | --- | --- | --- | --- |
| Badge 1 with solid fill | **GOAL:** | Increase the team’s physical activity and wellbeing | | |
| **SUB-GOALS:** | **Increase time standing at desk (CHOSEN SUB-GOAL)**  Enter a team ‘step’ challenge | | |
| SELECT ONE SUB-GOAL FROM ABOVE AND HIGHLIGHT IT. IDENTIFY SOME POSSIBLE PATHWAYS TO ACHIEVING IT BELOW. | | | |
| **PATHWAY 1:** | Electronic reminders to stand scheduled throughout the day | **PATHWAY 2:** | Stand up during every second phone call |
| Badge with solid fill | **Who will do what, when, how, where?** | | **Who will do what, when, how, where?** | |
| What: Setup regular reminders throughout the day to stand up. Who: Everyone in the team. When: Start this week; reminder to be setup every hour. How: Use Outlook calendars to setup reminders/sync reminders across the team. Where: Standing up at desk/work station. | | What: Team members to try and stand for every second call they take. Who: Everyone in the team. When: During designated hours across the work day (e.g. 10-11am and 2-3pm. How: Use visual reminder at desk. Where: Standing up at desk/work station. | |

EXAMPLE – CONTINUED

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| --- | --- | --- | --- | --- |
| Badge 3 with solid fill | **Obstacles and challenges:** | | | |
| Don’t want to break flow of work. Forget/ignore the reminders  Lack of motivation. Need to be able to access computer the whole time | | | |
| **Resources/assets that will help overcome obstacles or challenges:** | | | |
| Nominate a ‘team motivator’. Track and share team progress (record minutes standing). Stand up desk? Rewards/team competition.   Visual reminders on desk/remind each other throughout the day. | | | |
| Badge 4 with solid fill | **Negative thoughts “……”** | **Evidence to ‘support’  this way of thinking:** | **Evidence to ‘disprove’ this way of thinking:** | **Replacement thoughts:** |
| *“This (increasing standing time) will work for two weeks, but them we will forget/stop doing it.”* | Busy work days.  Competing demands/easier just to keep sitting. | This is something the team is really committed to doing/changing. This time we have really thought about how we are going to support each other/keep each other on track. | *“If we keep supporting and monitoring each other we will have a good chance to stay on track.”* |