PSYCAP WORKSHEET: GROUP

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| 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. |
| 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.”*  |