

What did you learn about setting the right goals for right now?

They can be big or small

That hearing people's individual goals can be triggering

Keeping them short and simple make sense for this time

Actionable and measurable

To get to any long term goal you need to set the short term goals first and you need to celebrate the small wins as you go.

My goals seem to be on point. I will do it because it is impt.

The importance of being specific about why it's important to me and what it looks like when I visualize myself achieving this goal. Hearing myself voice these things out loud was also really helpful!

That sometimes, you just have to pull away and do what is best for you!

I learned that there is no right answer, and that I define what the right goal looks like for me. It can be an ongoing process, and requires a commitment to engage, as well as reflection on my capacity in this current moment



What did you learn about setting the right goals for right now?

Prioritizing smaller more seeable goals to give ourselves peace and rest that we need in hopes to see it as a first step towards a better future

the importance of being specific

Nice to have something tangible and measurable.

They can be difficult to quantify

have to be more structure - my goal wasn't clear enough

The goals can be small steps that lead to a big outcome :)

They don't have to be huge.

make it short term so it feels doable

Goals don't have to be massive and monumental - they can just be day-to-day



What did you learn about setting the right goals for right now?

I'm not very good at setting SMART goals

Small achievable steps are important

make it small

Important for well-being. it's okay to take time for yourself and to do the things that make your life a little less stressful

Valuing different things

It doesn't have to be a HUGE goal.

make them relevant for the time

Small steps matter!

Something small can make a big impact. I can visualize it so clearly.



What did you learn about setting the right goals for right now?

it's good to focus on the reason for a goal.

Small goals can bring big relief!

It has to be something you really want

Goal setting helps put things in perspective

Setting a goal may be the "easier" part (sounds simple)...it's achieving it that will be the challenge. Requires focused effort.

Setting some smaller goals at first to get a bigger goal done

This has been a huge part of my life for a number of years. It is all about introspection, retrospective, self-love, and being able to empathize with ourselves.

I learned that I need to be improving my goal gradually overtime versus all at once.

The big goals I imagine for myself are sometimes not quite the goals that are right for where I'm at in the moment

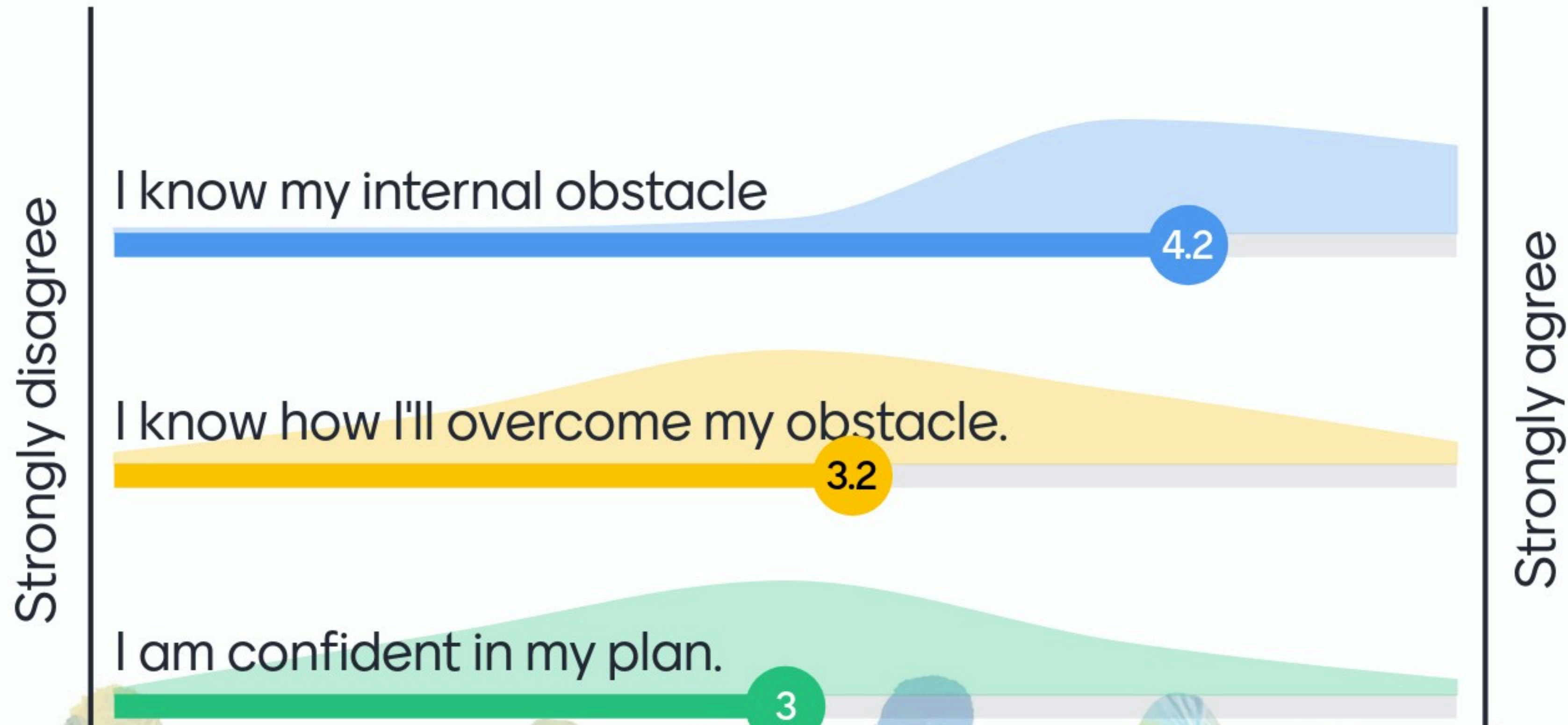


What did you learn about setting the right goals for right now?

Speaking goals out loud to supportive people makes them feel more achievable



How's your WAYPOWER?



How might you use Hope Theory?

To be mindful

Honestly, the stresses we're dealing with as front line staff are massive - We need much more than this. Please help us

prioritizing myself more

to change thinking and be happier

When I feel stuck or see 'stuck' in my future

to be more in tuned and listening

Focus on the realistic part of realistic optimism

To build resilience

Knowing that change and relief will come soon



How might you use Hope Theory?

To pause, re-frame my thinking and actions

To take care of/invest in myself.

I love the idea of DUMB questions instead of SMART. I love the idea of turning towards friends, co-workers, loved ones for support in asking for advice and just listening and being grateful. I learned so much from my breakout group. I feel so lucky

To motivate myself and to be persistent with what my goals are.

To be honest with yourself

realize how much listening to my needs is a crucial part to my self-care

Help build resilience

Think about what I can do WHEN not if I get in my way

DUMB goals count - - And whatever the goal is, it is personal to me which means I define it, and I need to identify the obstacles so that i can make a plan



How might you use Hope Theory?



To remember that I tools I can use to feel better

To better myself in all areas of my life

To intentionally prioritize the things that are most important to me.

use it as a rubric when i need to see things in front of me

Pause before I say yes!

understanding will power and way power

Mindfulness, Self-love and Balance (Mind, body and spirit)

I will be using this in work and personal life to give myself a peace of mind and to help me with realizing, I, too, am just as important.

with clients calling KHP but also myself :)



How might you use Hope Theory?

By allowing myself to take the rest I need and know that it is attainable to take care of myself which in term will help those around me.

I will use Hope Theory to identify my goal, come up with a plan, be aware of the obstacles that may interrupt it, and proceed to follow it. I will have self-compassion as I am not perfect. That is ok.

I am going to use to build my confidence bucket by setting short term goals, identifying obstacles and ways around that so that I can celebrate the small wins, which will ultimately lead to greater hope for long term goals.

To be more playful and curious in my day-to-day life.

Next time I'm going to get into my way, I'll pause for 1 minute to make whatever I'm going to do, more intentional.

...to feel more present in the moment

Remember that I can break it down into specifics of think feel do

A way to check in, motivate myself, and to recognize what I need

To take care of myself and not completely burn out



How might you use Hope Theory?

As an assurance that there is a way through this hard time

You can use it to get a better sense of agency of yourself,
and help you plan out your goal.

