

PSYCAP WORKSHEET

1

GOAL:

SUB-GOALS:

Select one sub-goal and identify some possible pathways

PATHWAY 1:

PATHWAY 2:

2

Who will do what, when, how, where?

Who will do what, when, how, where?

PSYCAP WORKSHEET

3

OBSTACLES AND CHALLENGES:

RESOURCES/ASSETS THAT WILL HELP OVERCOME OBSTACLES OR CHALLENGES:

4

Negative thoughts “....”

Evidence to **support** this way of thinking:

Evidence to **disprove** this way of thinking:

Replacement thoughts: