

# 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?

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3

OBSTACLES AND CHALLENGES:

RESOURCES/ASSETS THAT WILL HELP OVERCOME OBSTACLES OR CHALLENGES:

4

Negative thoughts “....”	Evidence to <b>support</b> this way of thinking:	Evidence to <b>disprove</b> this way of thinking:	Replacement thoughts: