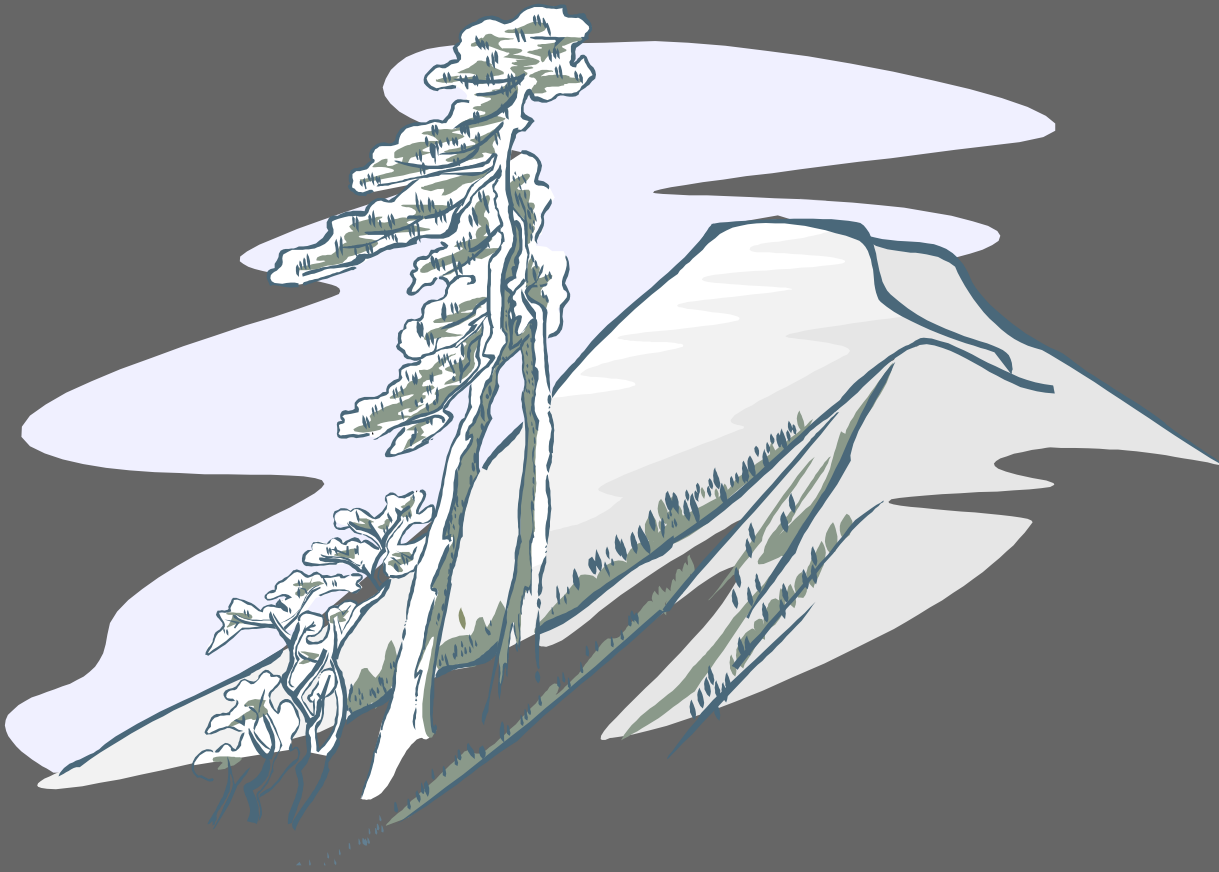


Chapter 15

REVIEW AND FORWARD PLANNING



INTRODUCTION

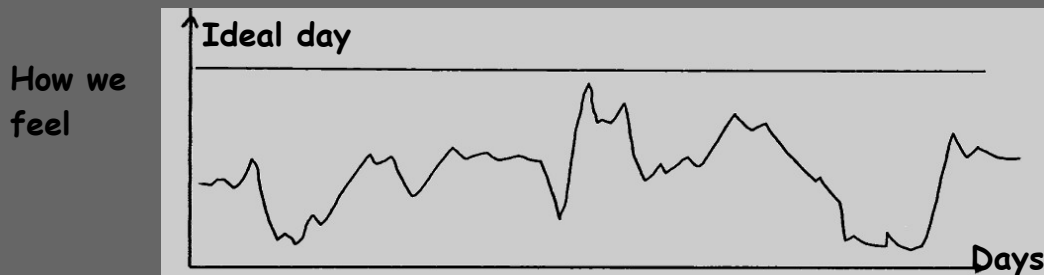
In this chapter, we review the thinking behind the course and discuss how you can keep going.

Now you have started, these three key habits will help you keep on track:-

- Connecting with where you want to be going.
- Spending time looking at how things went.
- Planning your next week.

Looking back at the philosophy of the course

Our situation and how we feel on a day-to-day basis is always changing.

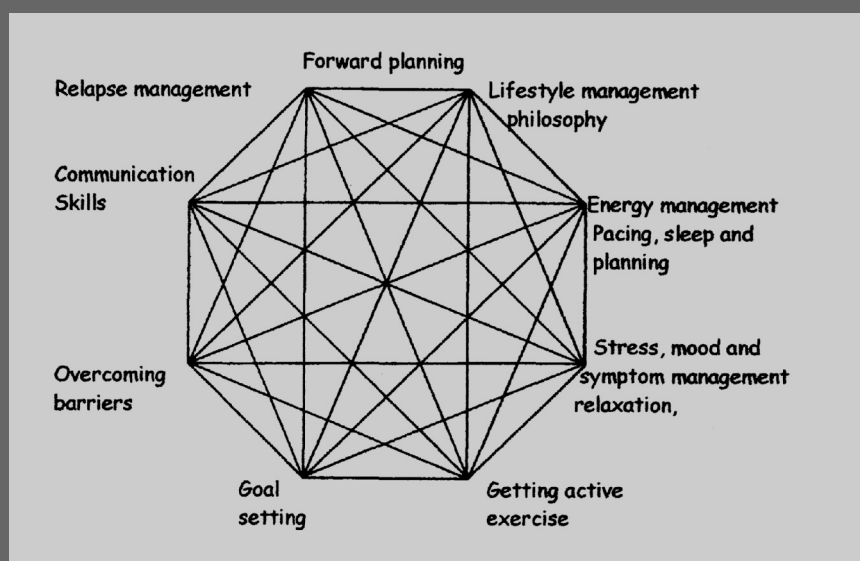


Sometimes, things seem better and sometimes things seem worse.



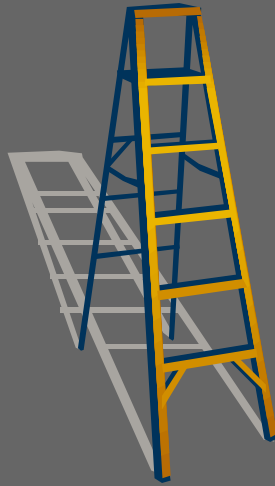
By finding out what makes things seem better and doing more of it, our situations and symptoms can improve.

This is why this programme is about **Change, developing useful habits that help, and focusing on small changes.**

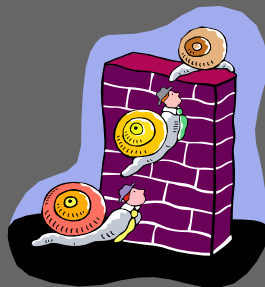


If you have been in the habit of setting goals on this course, your key habits will have been:-

the discipline of setting weekly action plans



..... developing strategies to overcome obstacles,



..... and anticipating setbacks and designing contingency and “crisis” plans to help you to recover from difficult situations.



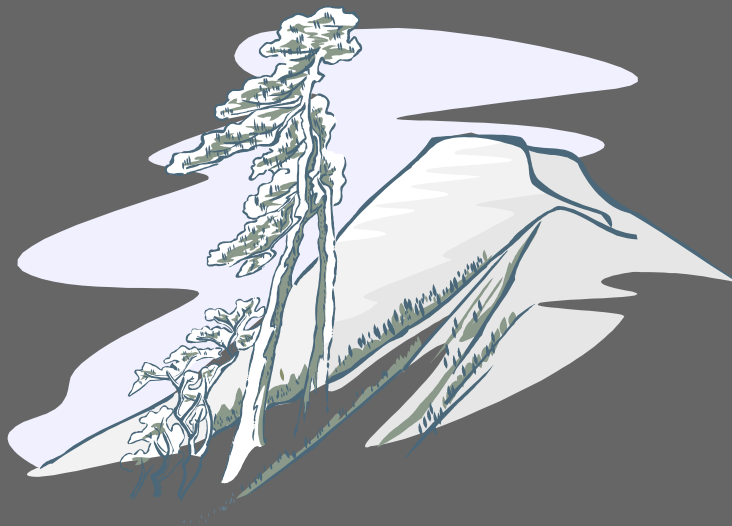
**This stuff isn't terribly exciting
but it works!**

So how do we keep it going?

How do we motivate ourselves to keep going?

By regularly reconnecting with
where you want to be going
(your vision or your goal).

When you are looking out
for specific things in life,
you quickly spot opportunities
and are more prepared to
take advantage of them.



CHANCE FAVOURS

THE PREPARED MIND

When you take the opportunity,
it moves you towards your goal.
You're more motivated to keep going
and looking out for the next step!

The Importance of Developing a Vision and Forward Planning

Some people might feel uncomfortable about setting long-term goals, and others could feel that thinking "outside the box" (imagining the life they would love to lead) does not seem like a useful exercise.

However, research shows that people who do these exercises find that - although their "dream" may not be fully realised - the essence of the dream can.

For example:



Most of us might never get the chance to lie on a tropical beach, but we can work toward having a sense of that experience - relaxation, effortlessness, peace, comfort etc

BUT

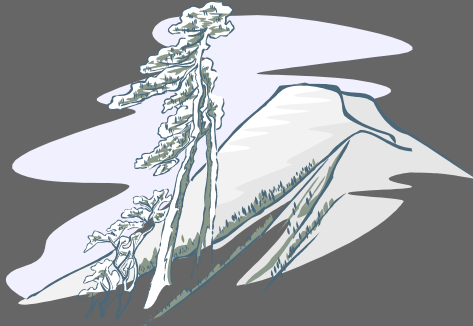
only if we are aware of these ideas and make plans.



We usually don't know exactly how and if we will reach these goals. They require our **imagination** to come up with them and they usually inspire, and excite us, and even cause us some anxiety at the possibility of them coming true!

This is the idea behind reflecting and forward planning:-

- Reconnecting with where you want to be going (your vision or goal).



- Spending time at the end of every week looking at how things went.



- Planning your next week (your action plan).



So, in the spirit of this approach,
here are some key questions
that you might find helpful
when reviewing your week and
planning the next.

- What made things better?
- What did I do well?
- What's working for me?
- What can I continue doing?
- How can I do more of it?
- What can I do better?

