

SMART goals

S - Specific

Goals should be specific, clear, and positively phrased (e.g. NOT “I do not want to fall down”, RATHER “I want to overcome this challenging part of this route”).

M - Measurable

The goal should be measurable, and progress should be recognisable.

A - Attractive

The goal should be attractive to the person and have positive connotations for the person.

R - Realistic

It should be manageable to achieve the goal with one's own skills and means, while considering circumstances and the environment.

T - Time bound

The goal should have a clear time frame.

What do I experience when bouldering?

Take 5-10 minutes of your time.

Find a comfortable and upright sitting position.

Bring your attention to the breath.

Take 3 deep breaths and then let the breath flow freely.

Consider the following questions and write down your experiences, thoughts and questions about them.

Be aware, there are no right or wrong observations!

Topic: _____

- 1) How did I experience today's theme in the group and while bouldering?

- 2) How did I experience today's theme in myself?

- 3) What do I take away from the bouldering session for my everyday life?

- 4) What else did I notice / notes for the therapists?

Self-worth

Take 5-10 minutes.

Find a comfortable and upright sitting position.

Bring your attention to the breath.

Take 3 deep breaths and then let the breath flow freely.

Consider the following questions and write down your experiences, thoughts and questions.

Be aware, there are no right or wrong observations!

What is self-worth? What constitutes it?

Where do you get self-worth from (work, family, friends,...)?

Does self-worth change as a result of bouldering? How?