

The Shape of Progress

Progress is very rarely a simple straightforward way forward – it's often two steps forward and one step back, with pitfalls and unexpected twists and turns along the way!

If you think back to a time when you were trying hard to learn a new skill, for example learning to swim, learning to ride a bicycle, learning to drive, learning a foreign language, trying out a new recipe.....consider what these experiences might have in common with your work on changing an unhelpful behaviour.

All of these tasks took you through a process of small steps to achieve your ultimate goal. Have a think about the steps you have taken so far and how these have helped you in your progress.

They all took a degree of thinking and action to find a way forward. What thinking and action have you had to take so far?

You may have made some mistakes for example, fallen off your bicycle, parked badly etcetera. Making mistakes helped you to discover what you might need to do differently in the future. What mistakes have you made so far and what have you learned from these - that might help you in the future?

There may have been times when you felt like giving up and found the encouragement from within yourself or from others to 'just keep going' that little bit further. How have you helped yourself to get back on track? What can you do in the future if you need to remind yourself of this? Make a list below:

What I will do to help myself get 'back on track'