**Resilient You program: Video Transcript**

**Module 4: Moving Onward and Upwards: Casey**

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**Casey:** "Uh no thank you".

Do you think more about the past or the future? I'm a big dreamer. So always thinking about the future, thinking about the big picture. What is it that I can do to test my boundaries and push myself? Do you set goals for yourself? I don't think I set goals for myself, although I probably should. I think the reason why I don't really set goals is when I decide that there's something that I want to do,

I naturally just take the steps to go out and do it. Are big or small goals important to you? I think I'm more inclined to actually chase after the big goals. I find them more satisfying, you know, it gives me something more to work on them, those little goals, although they are still important. Do you always reach your goals?

I don't think I'm someone that sets goals really regularly. But when I do have a goal and I know that it's something that I want, I go for it a hundred percent and I do reach it.

Setting goals. I don't think that I tackle my weaknesses head on. I think that I'm a lot more inclined to focus on the things that I'm good at and to try and actually use those things to work on my weaknesses. So, for example, when I was on Survivor, something that I felt really confident about was living in the jungle and not really having that much.

However, I was really worried about the physical components of Survivor. So I feel like I made sure that there was something I was comfortable in and then sort of just like have to force my way into the things that weren't so comfortable and still be able to assure myself that there was something that I was able to do.

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