**Resilient You program: Video Transcript**

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

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Do you think more about the past or future? I don't dwell too much in the past. So I would say I look more towards the future. Do you set goals for yourself? I do set goals for myself, just so I know what I'm working towards. Are big or small goals more important? Both are important, but I think small goals are more important to me just because they're little kind of encouragements on the way the bigger goal.

Do you always reach your goals? I wouldn't say I always reach my goals, but that's okay. You can move on if something's not working for you. You can always change your goals and what you're working towards. What's your process for setting goals? So my process would be, to set those little goals as little encourages, but also set those mid to long-term goals.

One of the short term goals, maybe not have so much choccy pudding. I mean, I'm lucky to have the metabolism, but sometimes I probably really shouldn't. But it's so delicious! And then you've got those bigger long-term goals. As an athlete, you've gotta be working towards something and review that kind of process and see what you've achieved and what you may need to work on, or have a bit more time to do.

Last year, I had a goal that I sat with my mind coach. I want to be an All-Australian, and I ended up achieving that in a year, which is unexpected and really cool.

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