**Resilient You program: Video Transcript**

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

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Do you think more about the past or the future? I would say, I probably think more about the now. I mean, the future is obviously something that I'm always going to strive towards. It's what I do now that's going to get me there. Do you set goals for yourself? Of course! Without goals, you're just going to be stuck in the same spot, your entire life.

You always have to have something, whether it's something small or whether it's something big, that you always want to be moving towards. Are big or small goals more important to you? I'm more of a small goal person. Obviously you've got the big goals, but it's the little things that's going to get you there.

So instead of saying 'Oh, I'm going to become this', it's, you know what? I'm going to do this. Once I've done that one, it's going to lead me to that one. So it's all the little goals that will eventuate up to the big one. Any small step is still a step in the right direction. Do you always reach your goals?

No. The thing with goals is, there's always going to be things standing in your way. A really good example of that is recently when I did apply for paramedic college and I got in, when the head coach found out that I had one arm, she terminated my enrollment because she's just like, 'Oh, there's a lot of carrying involved'.

She wouldn't even talk to me. I couldn't even plead my case to her. That's just fuel to ignite me and push me to achieve those things for the future. Every hiccup that happens in your life leads to a point of discovery within yourself, but it's a matter of putting yourself out there, giving it a red hot crack, and if you achieve it great, if not, then you've learned something about yourself.

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