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**Keeping up the momentum**

**Year 2 PhD Cohort Day**

***Trainer’s Name***

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**FORCE FIELD ANALYSIS[[1]](#footnote-1)**

Look at the diagram below which represents the next part of your PGR journey. Your goal/destination is at the top end of the field. You are in the middle of the field, trying to reach the goal. In front of you there are several hindering forces trying to push you back. Behind you are several facilitating forces which will help you to move forward. In order to reach your goal, you must ensure the helpful, facilitating forces are stronger than those trying to push you back.

**MY GOAL:**

Hindering forces

ME &MM

Facilitating forces

**STEP 1:**Identify a goal you are trying to achieve. Make sure it is a SMART goal:

**Specific –** Define the goal as much as possible. What do you have to do? Is anyone else involved in this task?

**Measurable –** how will you know that the task has been completed? Can you track your progress and measure the outcome? If not, then it’s not a specific enough goal!

**Achievable –** are you asking yourself to do too much or are you underachieving? Don’t set up yourself for failure!

**Relevant –** is this task relevant to your overall goal?

**Timely –** set a deadline and stick to it. Don’t allow too much time – if you do, then you’ll keep putting it off. Set a realistic deadline that will create a sense of urgency.

**STEP 2:**

Identify the hindering forces – things that might inhibit you or prevent you from reaching your goal. These might be events, people, distractions, thoughts, feelings, beliefs, etc.

Make a list of them of them in the top box.

**STEP 3:**

Identify the facilitating forces – things that could help you reach your goal. These could be actions you could take, skills you or people known to you have, equipment, cultural or religious aspects, rewards you could give yourself, etc.

Make a list of them in the lower box.

**STEP 4:**

When you have finished your charts, take it in turns to present them to your group/partner and discuss with each other how you could take action to eliminate the unhelpful, hindering forces and maximise the helpful, facilitating driving forces.

**YOUR STRESS CONTAINER**

Draw your own stress container.

Think about:

* What are your sources of stress?
* How many of these are within your control?
* What does your stress signature look like / what are the signs you’re at breaking point?
* What are your unhealthy coping mechanisms?
* What are your healthy coping mechanisms? Are you still doing those or have you neglected them recently?

**RESOLUTIONS**

Write down:

* At least one unhelpful thing to stop doing
* At least one helpful thing to keep doing
* At least one helpful new thing to start doing as of today

Share these in pairs and make a commitment to do this.

1. Activity developed by Barbara Lawton in January 2019 [↑](#footnote-ref-1)