



Mental Health in Schools Team Tips For Wellness

Setting Future Goals

Setting goals helps you stay focused, motivated, and positive. They give you something to look forward to and remind you that *you're in charge* of your own journey. It's normal to feel a bit nervous when you think about the future, but looking forward can actually *help* your mental health. Looking to the future helps to build confidence, can give you direction and encourages optimism. Thinking about what's ahead reminds you that good things can still happen — even when times feel tough.

Our Top Tips For Setting Goals:

1. Start Small

Big dreams start with small steps. Pick one thing you'd like to improve—like sleeping better or spending more time outdoors.

2. Make It Realistic

Choose goals that feel *possible*, not perfect. For example, "I'll talk to a friend once a week" is easier than "I'll never feel lonely again."

3. Be Kind to Yourself

Progress takes time! Celebrate small wins and don't be hard on yourself if things don't go perfectly.

4. Write It Down

Keep a journal or use your phone to track how you're doing. Seeing your progress boosts confidence!

5. Ask for Support

You don't have to do it alone. Talk to someone you trust — a friend, teacher or family member— about your goals.

6. Balance Is Key

Make time for fun, rest, and creativity. Mental health goals should make life *feel better*, not busier.



*More information
about goal-setting!*

In Coventry and Warwickshire, for any urgent mental health concerns, contact the Children and Young People's Mental Health Crisis support available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.