Developing Capabilities & Potential

To develop skills, knowledge, and abilities by challenging oneself, setting personal achievement goals, and striving towards one’s potential and ideal self (1). It is future oriented, focused on personal growth; “becoming” through “doing” (2).

Inspired by true stories... Developing your capabilities and potential is good for you!

What About You?

What are you currently doing?

What have you done in the past few years?

How do you feel about it? (Please circle)

Goal Setting

In the next ______________ months/year, I would like to:

To do this, I will need to:

Remember: What you do everyday matters to your health and well-being!

#Sport4MentalHealth: A sense of achievement through sport participation allows me to look past my mental illness and sustain a more positive and hopeful sense of self - Anonymous (3)

#SelfEfficacy: Joining the calligraphy class was a challenge as a senior with health problems, but I feel great, because now I can do what I could not do before - Peter (4)
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This dimension involves developing skills, knowledge, and abilities by challenging oneself, setting personal achievement goals, and striving towards one’s potential and ideal self (1). It is future oriented, focused on personal growth; “becoming” through “doing” (2).

Clinician Guide

When? This document can be used to empower clients to think beyond their own problems or limitations to identify strengths and talents that they could share with others.

Why? Research shows that realizing one’s strengths, capabilities and potential are linked to improved social, behavioural, and mental health (5, 6). Positive educational programs not only can improve skills and performance, but also can protect against development of subsequent problems (conduct problems and emotional distress etc.) (6, 7).

How? The worksheet can be used with individuals or groups, to guide reflection on the importance of developing capabilities and potential. See below for questions to prompt reflection and goal setting for change.

What About You? - Reflection Questions

<table>
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<tr>
<th>Question</th>
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<tbody>
<tr>
<td>Are you currently doing anything that develops or expresses your capabilities and potential?</td>
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<tr>
<td>• Describe (who, what, where, when, why?)</td>
<td>What have you done in the past few years that developed your capabilities and potential?</td>
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<tr>
<td>• How satisfied are you with your current potential and abilities?</td>
<td>• What has changed?</td>
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<tr>
<td>• Benefits? Challenges?</td>
<td>• Is there something from these past experiences that you would like to have in your life now?</td>
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Goal Setting Guide

What could you do differently in your current routine to develop your capabilities and potential?
• How meaningful would this be for you? (7-point Likert scale low to high)
• How much time would you like to commit to this? (Engagement)
• How much choice/control do you have over making this change?
• Could it interfere with other things you want or need to do? (Balance)

What personal or external issues might get in the way of meeting your goal?
Developing Capabilities and Potential

References:


Other suggested readings: