

Setting a Congress Crafting Goal

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**IPPA WORLD CONGRESS
ON POSITIVE PSYCHOLOGY**

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5 Ways to Craft Your Congress Experience

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- 1. Task Crafting**
- 2. Skill Crafting**
- 3. Relationship Crafting**
- 4. Purpose Crafting**
- 5. Wellbeing Crafting**



Setting your congress crafting goal.

Complete the 6 boxes below in order to take the next step.

1. What is your goal?

2. Why is this important?

3. When are you going to do this?

4. What are the barriers?

5. How are you going to recognise success?

6. Who will you share your goal with?



Setting your congress crafting goal.

Some examples of goals set by Rob and Maggie.

1. What is your goal?

Task crafting: Using a mind map to take notes

Wellbeing crafting: Ensuring I go outside at least 5 minutes every 2 - 3 hours

2. Why is this important?

I'll have a better record after the sessions to review later

I often feel "overloaded" if I don't do this

3. When are you going to do this?

I'll do this at least once a day

I'll have these breaks everyday

4. What are the barriers?

I might struggle to do this (or feel too tired)

Getting side-tracked by others

5. How are you going to recognise success?

I'll buy myself a new notepad to record my notes

Enjoy your time outside and be refreshed when I get back in

6. Who will you share your goal with?

I'll tell Maggie

I'll tell my colleagues and friends at the conference



- Set a goal to personalize your conference experience
- Share your goal with others
- Reflect on how you got on



Happy Crafting.

Good luck.

Connect with us and let us know how you got on.



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