

Health Sphere Life Goals Worksheet

There probably isn't enough space on this worksheet to write all that you might want. A Goals Notebook might be a good choice.

Examine your routines.

Write your normal work day schedule with times included.

Is there a way for you to do any of your work standing up?

Now write your weekend days activities with times included.

How much time are you sitting, watching TV, reading, gaming?

Take a stand. Literally. Stand up while watching TV and Gaming.

Move in place – raise your legs like marching in place. Swing your arms. Do deep knee bends.

Lie on the floor and see how many sit-ups or push-ups you can do during the commercials.

Plank as a change from push-ups.

If you drive to and from work, how do you normally spend that time?

Audio books are inexpensive and great ways to feed your mind.

How could you build some walking into your regular work day?

Think about where you park. Could you park farther from the front door?

Think about discussions with colleagues at work. “walk-meetings”

What opportunities for moving do you have at home? Housework? Chores? Fix-its?

Schedule your Yard work so that it is regular and consistent.

What about audio books while doing household chores and yard work?

Check out container gardening. Or traditional gardening if you have the space.

Take note of what you are already doing.

Many smart watches log your steps. For me, 2000 steps is about a mile. The recommendation by many ‘experts’ is to reach for 10,000 steps, or 5 miles. Logging your steps may just motivate you to push yourself just to reach that goal you set.

Value yourself:

Treat yourself with kindness and respect, and avoid self-criticism.

Make time for your hobbies and favorite projects, or broaden your horizons.

Do a daily crossword puzzle, plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.

What is your plan to Value yourself?

Write a plan for taking care of yourself:

Taking care of yourself physically can improve your mental health.

Meals

Cigarettes and alcohol

Water

Sleep.

Surround yourself with good people:

Make plans with supportive family members and friends, or seek out activities where you can meet new people, such as a club, class or support group.

What is your plan for Family time?

What activities will you do with family and friends?

What New club, interest, activity could you begin?

Volunteer your time and energy to help someone else. You'll feel good about doing something tangible to help someone in need — and it's a great way to meet new people.

What Volunteer activities will you investigate and plan?

Practice good coping skills

Like it or not, stress is a part of life.

When you feel stress building up:

Take a nature walk,

Play with your pet

Write in your journal

What Stress-Reliever activities will you plan?

What will you do to help you remember to carry out your plan instead of acting out the stress?

Smile and see the humor in life. Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.

Relaxation exercises and prayer can improve your state of mind and outlook on life.

Get help when you need it:

Seeking help is a sign of strength — not a weakness. And it is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and addiction and lead full, rewarding lives.