

My overall mental health goal is: \_\_\_\_\_

Recognizing that it may be easier to work on this goal one step at a time, my SPECIFIC PLAN for this week is to (select 1 or more options):

- Schedule at least one pleasant event in the coming week
- Practice mindful meditation strategies at least once
- Make an appointment for individual psychotherapy
- Make an appointment for a psychiatric consultation
- Attend a couples workshop
- Make an appointment for couples/family/parent-child interaction therapy
- Implement an "unplugged hour" at home
- Participate in one of my hobbies at least once
- Plan a vacation
- Attend a support group or mutual help group
- Write in a journal
- Go to bed 30/60/90 minutes earlier
- Exercise for 30 minutes at least 3 times this week
- Practice breathing/relaxation strategies
- Participate in a religious or spiritual activity (e.g., prayer, attendance at place of worship, reading sacred texts)
- Listen to relaxing or uplifting music while completing difficult tasks
- Say "no" to at least one request
- Get a massage or other spa service
- Make plans with a loved one
- Other: \_\_\_\_\_

The 3 most important reasons I want to make this change are:

- 1.
- 2.
- 3.

I have checked the UF Wellness Programs Resources tab to identify programs/services that may help me.

Yes

No

Some resources I have available to assist me with this goal (e.g., class, free program/service, supportive partner, health care professional, commercial product/service) are:

I will review my progress toward this goal on: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Signature: \_\_\_\_\_