

My overall mindfulness/spiritual 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):

- Write in a journal
- Before putting car into gear to drive home, reflect on whose life (specifically) was positively impacted by my work that day
- Cut down on multi-tasking and focus on being mindful of my experiences
- Practice meditation for 2/5/10/30 minutes on most days (choose the amount right for me)
- Before bed each night, write down "3 good things" that happened during my day
- Participate in a breathing practice once per day
- Practice yoga at least once per week
- Attend a mindfulness/meditation workshop or retreat
- Read a spiritual text of my choice
- Participate in formal or informal prayer
- Begin a tradition of expressing gratitude before meals
- Take a walk in nature [of any length] at least once per week
- Visit a place of worship
- Send 1 thank-you note, text, or email per week
- Commit to trying to be fully "present" during important events (i.e., limit filming and focus on experience)
- Listen to soothing/inspiring music
- Download a free meditation app
- Practice "6 Steps to Emotional Health" (*download the instruction card from this page*)
- Other: \_\_\_\_\_

The 3 most important reasons I want to achieve my goal are:

- 1.
- 2.
- 3.

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

- Yes       No

An ally or other resource I have available to assist me with this goal (e.g., class, free program/service, supportive partner, health care professional, commercial product/service) is:

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

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