

## Self-Care Goal-Setting Tool

### A. PHYSICAL WELLNESS in your life may include some of the following:

- Sufficient sleep
- Adequate and varied exercise (aerobic, stretching, weight-bearing etc.)
- A healthy diet
- Physical affection and play
- Limited intake of caffeine and alcohol
- Preventive health care through massage, yoga, stretching, etc.
- Regular checkups with physicians, dentists, gynecologists etc.

1. I am already doing the following positive things to support my physical health and wellness:

2. The one aspect of physical wellness I most want to work on this semester is:

3. A few reasonable and specific goals I have set for my physical wellness this semester are:

4. The easiest, small step I can take to improve my physical self-care is:

5. The first, small positive sign I will probably notice as I take better care of myself physically is:

6. The phrase which best describes where I am now with physical self-care is:

\_\_\_\_\_ I am doing well in this area already and want to maintain the good habits I have.

\_\_\_\_\_ I need some improvement in my physical self-care.

\_\_\_\_\_ I have a lot of strengthening to do in terms of physical wholeness.

**B. SPIRITUAL WELLNESS may include some of the following:**

- Practicing Sabbath through times of rest, play, prayer, silence, and renewal each week
- Regular time for prayer, meditation, listening for God; developing discernment skills
- Corporate worship, and possible worship leadership
- Participation in group or individual Spiritual Direction, a Bible Study or prayer group
- Cultivating mindfulness about being centered and fully in the present moment,
- Pursuing beloved hobbies or artistic pursuits such as dance, painting, music
- Addressing underlying faith issues
- Taking time to be in nature

1. How do you care for your soul and relationship with God currently?

2. An aspect of spiritual well-being I most want to address this semester is:

3. Some reasonable and specific goals I'd like to pursue in the area of spirituality include:

4. The easiest small step I can take is:

5. What I expect to notice first as I take better care of myself spiritually is:

6. The phrase which best describes my spiritual well-being at present is:

\_\_\_\_\_ Overall I am pleased with what I am doing and where I am spiritually right now.

\_\_\_\_\_ I have a few things I'd like to add or address this year to enhance my spiritual well-being.

\_\_\_\_\_ There are many additional aspects of spiritual well-being I plan to incorporate this year.

**C. PSYCHOLOGICAL WELLNESS may include:**

- Counseling to explore unresolved issues, and find support with depression, anxiety, loss, decision-making, relationships, compulsive behaviors, vocation and “call” etc.
- Addressing workaholism, perfectionism, procrastination, unhealthy competition etc.
- Managing time and money thoughtfully to allow time and resources for play
- Monitoring escapes such as TV, video games, shopping, the internet etc.
- Developing habits of encouragement and grace toward oneself and others; avoiding judgment
- Building self-esteem by conscious decision-making and follow through, living close to your values, maintaining a sense of humor, and practicing forgiveness
- Developing a range of practices for reducing stress

1. I want to maintain the following healthy habits of behavior which already support my psychological health:

2. My greatest challenge in the area of psychological well-being currently is:

3. I would like to set the following few specific and reasonable goals for mental/emotional health:

4. One small step I can take immediately is:

5. The first positive sign I am likely to notice as I work toward my goals in this arena is:

6. The phrase which best expresses my assessment of my psychological health now is:

\_\_\_\_\_ I am pleased with where I am psychologically and reasonably confident I can coach myself back on track as needed.

\_\_\_\_\_ I have some psychological challenges to address but mostly feel good about where I am.

\_\_\_\_\_ I have some real issues I would like to work on in this area.

**D. RELATIONAL WELLNESS may include:**

- Intentional building of friendships and investment in community life
- Practicing appropriate boundaries with regard to time, touch, and communication
- Exploring and sharing feelings and needs including asking for help
- Seeking counseling to address challenges in family of origin, PTS, field ed, intimate relationships
- Tending dating, marriage and parenting relationships carefully, making regular time for them
- Being simultaneously assertive and willing to negotiate
- Enjoying the gift of sexuality in life-enhancing ways

1. The following practices are already part of the strengths I bring to relational health:

2. The relationship challenge I most need to focus on this year is:

3. I want to commit to the following specific and reasonable goals this semester:

4. The easiest small step I can take toward my goals is:

5. Given my specific goals, the first sign that I am becoming healthier in relationships may be:

6. The phrase which best describes where I am on relational health right now is:

\_\_\_\_\_ I feel good about the quality and scope of most of my relationships currently.

\_\_\_\_\_ There are a some relationships and or aspects of relational health I need to work on.

\_\_\_\_\_ There are many aspects of relational health or specific relationships I would like to address.

### **III. PLANS FOR SUPPORTING AND ASSESSING PROGRESS IN SELF-CARE:**

\_\_\_\_\_ I would like to meet with an administrator at the beginning, middle and end of the year to discuss my goals and be eligible to receive a Certificate of Participation in the Self-Care Program.

\_\_\_\_\_ I would like to share my goals and progress with a friend or peer accountability group I establish for myself.

\_\_\_\_\_ I would like to keep my intentions and efforts as a private matter between myself and God.