

## Wellness Goals by Domain

Physical Wellness Goals
<b>1. Exercise:</b> "I will engage in 30 minutes of moderate exercise, such as brisk walking, 5 days a week."
<b>2. Healthy Eating:</b> "I will incorporate at least 5 servings of fruits and vegetables into my diet daily."
<b>3. Hydration:</b> "I will drink at least 8 cups (64 oz) of water each day."
<b>4. Sleep:</b> "I will aim for 7-8 hours of sleep each night and maintain a consistent sleep schedule."
<b>5. Regular Health Checkups:</b> "I will schedule and attend an annual physical and dental exam."
<b>6. Physical Activity Breaks:</b> "I will take a 10-15-minute physical activity break every 2 hours during work or study periods."
Social Wellness Goals
<b>1. Connecting with Loved Ones:</b> "I will arrange a weekly 1-hour catch-up with a friend or family member."
<b>2. Maintaining Relationships:</b> "I will send a message or call a long-distance friend every two weeks."
<b>3. Receiving Help:</b> "I will accept receiving help with one task at home/work per week"
<b>4. Asking for Help:</b> "I will reach out for help or support from others at least twice a month."
<b>5. Meaningful Conversations:</b> "I will have at least one deep, meaningful conversation per week."
<b>6. Setting Boundaries:</b> "I will practice saying 'no' to at least one unnecessary obligation each week."
Emotional Wellness Goals
<b>1. Daily Emotional Check-ins:</b> "I will spend 1-2 minutes each morning assessing my emotional state."
<b>2. Hobby Engagement:</b> "I will dedicate 2 hours a week to a hobby or activity that brings joy."
<b>3. Positive Affirmations:</b> "I will start each day with 3 positive affirmations about myself."
<b>4. Responsibility for Actions:</b> "I will reflect on and acknowledge my role in one challenging situation each week."

<b>5. Managing Frustration:</b> "I will use a calming technique, like counting to ten, or going on a walk whenever I feel overwhelmed."
<b>6. Seeking Support:</b> "Whenever I feel overwhelmed or in need of guidance, I will schedule a session with a professional counselor or have a heartfelt conversation with a trusted individual at least once a month."
<b>Occupational Wellness Goals</b>
<b>1. Focused Work Time:</b> "I will allocate two 1-hour blocks for deep work each day, free from distractions."
<b>2. Work Achievements:</b> "I will celebrate a small work achievement each week, even if it's just completing a task."
<b>3. Workload Management:</b> "I will prioritize my top 3 work tasks each morning."
<b>4. Job Satisfaction Review:</b> "I will assess my job satisfaction monthly and note areas for improvement."
<b>5. Assertive Communication:</b> "I will assertively express my ideas or needs in at least one work meeting per week."
<b>6. Work-Life Balance:</b> "I will ensure at least 2 evenings a week are work-free."
<b>Financial Wellness Goals</b>
<b>1. Savings:</b> "I will save a set percentage of my income each month (e.g., 10%)."
<b>2. Budgeting:</b> "I will review and stick to a monthly budget, adjusting as necessary."
<b>3. Financial Planning:</b> "I will set a specific financial goal for the year and track progress monthly."
<b>4. Debt Management:</b> "I will make all credit card and loan payments on time each month."
<b>5. Expense Tracking:</b> "I will track daily expenses and review weekly for unnecessary expenditures."
<b>6. Financial Monitoring:</b> "I will review my bank statements in detail on the last Sunday of each month."
<b>Intellectual Wellness Goals</b>
<b>1. Daily Learning:</b> "I will spend 30 minutes a day reading or researching a topic of interest."
<b>2. Skill Acquisition:</b> "I will learn a new skill or hobby every quarter."
<b>3. Critical Thinking:</b> "I will engage in a debate or discussion on a complex topic once a month."

<b>4. Curiosity and Research:</b> "Whenever I encounter something I don't know, I will take the time to look it up immediately, aiming for at least five researched topics per week."
<b>5. Learning from Mistakes:</b> "I will identify and write down one learning point from any error I make each week."
<b>6. Engaging in Discussions:</b> "I will participate in at least one discussion monthly that challenges my thinking, whether it's in a professional setting or a personal interest group."
<b>Spiritual Wellness Goals</b>
<b>1. Values Reflection:</b> "I will reflect on my core values and how they align with my actions weekly."
<b>2. Mindfulness Practice:</b> "I will practice 10 minutes of mindfulness or meditation daily."
<b>3. Spiritual Reading:</b> "I will read a spiritually uplifting book or article once a week."
<b>4. Gratitude Journaling:</b> "I will write down 3 things I'm grateful for each day."
<b>5. Community Participation:</b> "I will attend a spiritual or philosophical group discussion monthly."
<b>6. Self-Reflection:</b> "I will spend 30 minutes in solitude reflecting on personal growth weekly."
<b>Environmental Wellness Goals</b>
<b>1. Nature Time:</b> "I will spend 30 minutes in nature at least 3 times a week."
<b>2. Organization:</b> "I will spend 15 minutes each Saturday organizing my home and workspace to keep them tidy."
<b>3. Recycling:</b> "I will sort and recycle my waste once per week."
<b>4. Safety:</b> "I will conduct a monthly safety check of my home and workplace to ensure they are hazard-free."
<b>5. Digital Detox:</b> "I will unplug from digital devices for at least 30 minutes before bedtime each day."
<b>6. Joyful Living Space:</b> "I will add or rearrange one item per month in my living space that brings me joy or comfort, such as a plant, artwork, or a family photo."