

R.E.A.L. GoalSM: Word of the Month

(Realistic, Easy, Attainable, Life Goals)

Example: I will choose a word that is meaningful to me and will become my focus for the month.

Background:

Upwards of 80% of New Year Resolution makers do not follow through with their plan. Instead, choose a single word that will become your focus for the month.

What Word Should I Choose?

- Think about where you are today and where you would like to be in a month.
- Think about who and how you need to be to get closer to what you want.
- What word might encourage you to be your best self?

Selecting Your Word

- Sit quietly and see if a word comes to mind
- Review the wordlist provided for inspiration

Now What?

- Create something that visually captures your word
 - Make a piece of art to hang
 - Print your decorative word, frame it and place in a prominent area
 - Use the word or a photo representing the word as your phone and/or computer screen saver
 - Put post-it notes with your word around the spaces you use (work, home, car)
- Write about why you selected your word
 - Why did you select your word?
 - What do you hope to discover about yourself?
 - Use the 8 dimensions of wellness as a guide.
 - How will you represent your word in each area (Emotional, Environmental, Financial, Nutritional, Personal/Professional, Physical, Social, Spiritual)
- Use your word as a mantra
 - Start and end your day by thinking about how this word influenced your actions and behaviors for the day.
 - Did you learn anything new about yourself?
 - Were there situations or emotions that shifted focus away from your word?
 - Would active practice of your word change the outcome?
 - Any thoughts about how to bring awareness back to your word in challenging moments?

Reflection and Reselection

- At the end of the month, self-evaluate where you were and where you are now with the help of your word.
- Journal or write your thoughts on the visual word you created for closure and future reflection.
- Set a calendar reminder at the end of the month to select a new word or continue with the word you selected.

Words for Inspiration

Acceptance	Build	Decrease	Forward
Achieve	Capture	Delight	Future
Act	Care	Devote	Gentle
Adventure	Celebrate	Discipline	Give
Align	Challenge	Do	Go
Anchor	Change	Elevate	Grace
Appreciate	Cherish	Embrace	Gratitude
Balance	Choose	Emerge	Grounded
Be	Comeback	Enjoy	Grow
Begin	Compassion	Enough	Happiness
Believe	Complete	Experiment	Heal
Better	Compose	Explore	Heart
Bloom	Connection	Faith	Inspire
Bold	Courage	Fearless	Integrity
Boundaries	Create	Finish	Intention
Brave	Curiosity	Flourish	Invest
Breathe	Cultivate	Focus	Journey
Bright	Declutter	Forgiveness	Joy

Kindness	Observe	Purpose	Strengthen
Laughter	Open	Quiet	Strong
Learn	Order	Refresh	Surrender
Less	Organize	Reclaim	Thrive
Listen	Overcome	Relax	Time
Live	Patience	Release	Treasure
Make	Peace	Renew	True
Meaningful	Persevere	Reset	Trust
Mercy	Play	Revive	Understand
Mindful	Positivity	Risk	Unlimited
Moment	Possibilities	Savor	Value
More	Practice	Seek	Wander
Move	Prayer	Share	Wellness
Myself	Prepare	Show up	Whole
No	Presence	Simplify	Wholehearted
Nourish	Progress	Smile	Wisdom
Nurture	Purge	Speak	

To choose another goal, go to: <https://www.deancare.com/wellness/real-goals>

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