



R.E.A.L. GoalSM:

Self-Care Approach to the Work Week

(Realistic, Easy, Attainable, Life Goals)

Start each day of the week with thoughtful intention. Before the business of the day pushes you into autopilot, take a moment to reflect on specific areas that tend to take a backseat when we are constantly on the go.

Mindful Monday

- What does my week look like?
- What am I looking forward to this week?
 - When we have something to look forward to, it can help us get through some of the stressors.
 - Nothing coming to mind? Now is the time to come up with something, even something small.
- What could increase my stress this week?
 - What can I do to lessen my stress burden?
- I am going to review my calendar and schedule something just for me every day.
 - Wellness walk, yoga, breathing, lunch with a friend, inspiring Ted Talk, mindfully eat a piece of chocolate, fun podcast, etc.
 - Treat this scheduled appointment as if it is as important as meeting with the CEO of a company.

Touchbase Tuesday

- Who have I been meaning to connect with that I keep putting aside?
- Schedule some time today or this week to reach out and connect.
 - Family member, friend, update from a teacher, current or former coworker, something on my to-do list that I am waiting on, etc.

Wellness Wednesday

- Do I have any appointments that need to be scheduled for myself?
 - Medical/preventative care, dentist, counseling, Employee Assistance Program, massage, pedicure, hair, etc.
- Are there any appointments that need to be scheduled for someone else?
- If the business is open, take the time now to make the call. If closed, schedule a time later today or this week to schedule.
- Self-Check on stress level and follow through with what I need to get through today or to the end of the week
 - More social contact?
 - More physical activity?
 - More silence/being still?
 - More nutritious food?
 - More humor?

Thoughtful Thursday

- Pay it forward.
- Write a note of appreciation.
- Be truly present today.
- Be thoughtful to myself.
 - How did I do with carrying out my commitments this week? How am I feeling?
- Identify three good things about this week.

Forgiveness Friday

- Negative free day – Focus on finding good all day long!
- Practice self-compassion. Be curious about any critical tone. How would I talk to a friend if they talked to me about the situation I have?
- How did I relate to others in my interactions during the week? Did I correct any misunderstandings/miscommunications? If not, do I need to reach out to anyone to apologize or clarify a position?
- Do I have anyone to forgive, including myself? What do I need to forgive and let go?

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

For help to translate or understand this, please call (800) 279-1301. (TTY dial 711)