

R.E.A.L GoalSM: Take 5 (Realistic, Easy, Attainable, Life Goals)

Example: I will plan to practice short moments of self-care throughout my day using the five senses.

The benefits:

- Increases focus
- Decreases heartrate
- Improves relaxation
- Increases self-awareness
- Increases self-compassion
- Creates a sense of overall well-being
- Improves mood



How To:

Schedule some time to think about some small things that bring you comfort, meaning, pleasure, and joy. Make a list of the five senses (hearing, sight, smell, taste, and touch). Add the ideas that you come up with to the area that they fit best.

Figure out where in your day you will carve out five mini-sense breaks to take one to five minutes of focused self-care time. The ideas need to be meaningful and something that you want to do or enjoy doing.

The schedule might look something like this:

- 8 am – go to the window or outside and notice everything you can **hear** for at least one minute. Focus only on what you hear.
- 10 am – look at a piece of art from the virtual art museum for at least one minute. Focus only on what you **see**.
- 12 pm – **touch** and play with slime or putty for at least one minute. Focus only on what you feel.
- 2 pm – eat a piece of chocolate for at least one minute. Focus on what you **taste**.
- 4 pm –**smell** an essential oil for at least one minute. Focus on what you smell.

Ideas to get you started

Sight

- Virtual art tour
www.nationalgallery.org.uk/visiting/virtual-tours
- Light a candle and just watch the flame flicker
- Look at some favorite photos
- Close your eyes and picture a place that feels peaceful and rejuvenating

Hear

- Listen to nature, either live or recorded
- Sit quietly and listen to your favorite song
- Listen to a short meditation
- Buy a small fountain to enjoy the soothing sound of running water
- Hang windchimes near an open window

Taste

- Indulge in a piece of chocolate
- Slowly savor a treat
- Eat a perfectly ripe piece of fruit
- Sip a steaming cup of coffee or tea, or have a refreshing drink with no distractions

Touch

- Spend an extra two minutes in the shower and increase the hot water a bit. Close your eyes, breathe in deeply and feel the water on your body.
- Take a little extra time to put on a favorite lotion
- Self-massage your shoulders
- Play with slime or putty
- Squeeze a stress ball
- Pet an animal

Smell

- Experiment with different essential oils
- Smell a flower
- Use your favorite scented lotion
- Burn a scented candle, close your eyes and breathe
- Take a short mindful walk and focus on the smells around you

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

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