

Physical Wellness Goal Examples

Adapt them and make them your own!

- 1) I will take a 20-minute walk/jog at 8:00 in the morning on Monday, Wednesday, and Friday this week. This is important to me because...
- 2) When working from home, I will take a short break to stretch and walk around the house for at least five minutes, one time after my morning meeting and one time in the afternoon at 2:00. This is important to me because...
- 3) I will do something silly with the kids for 10 minutes each day that involves movement, like dancing, jumping rope, hula hooping, or chasing each other around the house. This is important to me because...
- 4) When I do my regular exercise this week, I will focus more on the benefits of movement and how well my body functions, instead of on the number on the scale or how a specific body part looks in the mirror. This is important to me because...
- 5) I am going to practice accepting and appreciating every part of my body this week. When I wake up in the morning, each day I will write down five positive things about my body for all that it does for me. This is important to me because...
- 6) I will eat at least one serving of vegetables with lunch, every day for the next five days. This is important to me because...
- 7) For the next seven days, I will limit my dessert to one piece of my favorite chocolate each night. To do this, I will slow down and eat with intention, savoring each small bite. This is important to me because...
- 8) This Sunday afternoon, I'm going to meal-prepare three nutritious meals for the week, which include lots of my/our favorite veggies. This is important to me because...
- 9) Every night this week, I will get into bed by 9:30 and turn off the lights by 10:00 so I have enough time to get at least eight hours of sleep, which helps me be at my best self the next day. This is important to me because...
- 10) I will track my sleep every night this week, with the goal of getting between 8-9 hours per night, and will limit my screen time before bed to reach this goal. This is important to me because...



Social Connection Wellness Goal Examples

- 1) I will reach out to at least three of my friends this week to check in, and focus on asking lots of questions to better understand how they're doing. This is important to me because...
- 2) On Tuesday, I will have the difficult conversation this week that I've been avoiding. I will take time on Monday to prepare for the talk, and set my intentions for what I would like to get out of the talk. This is important to me because...
- 3) I will set up a specific time this week with (list the name of someone important to you) to share our feelings, our hopes, and our goals with one another, with the intention of deepening our relationship. This is important to me because...
- 4) I will research and join a social group this week that has a similar interest as mine, with the intention of taking on an active role within the group. This is important to me because...
- 5) For the next five days, when I speak with people, I will focus on talking less and asking more questions so I can form a deeper connection. This is important to me because...
- 6) If I need support this week, I will reach out to a trusted person and let them know what would be helpful. I will ask them what they would like from me as well. This is important to me because...
- 7) Over the next seven days, I will spend more time (define the amount of time) with people that I find supportive and encourage me to grow. This is important to me because...
- 8) This week, I will focus on appreciating all that I receive from my close relationships, recognizing that I receive unique things from different people in my life. This is important to me because...
- 9) Each day, I will offer specific and intentional praise to a person or people around me, sharing what I see as their strengths and contributions. This is important to me because...
- 10) Every workday this week, I will leave by xxx time so I can spend quality time with the ones I care about, making sure to minimize distractions and to give my full attention to the person/people that matter most to me. This is important to me because...



Intellectual Wellness Goal Examples

- 1) I will go to bed thirty minutes early every night this week, so I will have time to read a book that I find interesting. This is important to me because...
- 2) I would like to explore new ideas and beliefs that reach beyond my comfort zone. Therefore, on Monday I will begin reading a book on a topic that sounds interesting but I know little about, and spend at least 20 minutes reading the book each day. This is important to me because...
- 3) On Sunday night, I will research some new podcasts that sound interesting and engaging, and listen to at least three episodes during my afternoon walks this week. This is important to me because...
- 4) I will seek out conversations with at least two people who view things differently than I do, and approach the topic with curiosity and an open mind. This is important to me because...
- 5) Every weeknight this week, I will focus on recharging with an activity that is mentally engaging as well as relaxing, instead of plopping on the couch and watching whatever is on the TV. This is important to me because...
- 6) On Tuesday, Wednesday, and Thursday this week, I will wake up 15 minutes early to work on (any activity that you find intellectually stimulating). This is important to me because...
- 7) During my weekly meetings this week, I will ask each of my team members to share their expertise with the group, so we can all increase our knowledge and learn from one another. This is important to me because...
- 8) Before I go to bed tonight, I will enroll in an educational class that I've been meaning to take, and finish at least xx amount of the activity by the end of the week. This is important to me because...
- 9) I will complete at least one Sudoku or Crossword puzzle every morning while drinking my morning coffee to help maintain my mental sharpness. This is important to me because...
- 10) This week, I will learn about a place I've always wanted to know more about and visit. I will pick a specific place this weekend, and spend at least 15 minutes each afternoon doing some research, reading blogs, and sketching out some ideas for a future trip there. This is important to me because...



Emotional Wellness Goal Examples

- 1) For the next seven days, before getting out of bed, I will practice deep breathing for five minutes, envisioning times when I can practice slowing down and breathing throughout my upcoming day. This is important to me because...
- 2) Over the next week, when I find myself feeling emotional, I will pause and take 10 deep breaths before reacting. This is important to me because...
- 3) I will do at least one mindfulness practice four mornings this week, such as meditation, finding gratitude in difficult situations, a yoga class, etc. This is important to me because...
- 4) When I take my regular walk this week on Monday, Wednesday and Friday, I will spend the first five minutes walking mindfully, focusing on the trees, the air, and all of the sounds around me, striving to stay in the present moment. This is important to me because...
- 5) I've realized that I tell myself negative stories throughout the day. Each day this week, before I go to bed, I will reflect back on my thoughts, write them down, and practice talking to myself more like a friend, rather than a critic or even an enemy. This is important to me because...
- 6) Instead of focusing on the negative or the worrisome (which is what our brains tend to naturally do), I will practice finding gratitude throughout my day. After dinner, I will find a quiet space and write down at least five positive things that happened during the day, and why I am grateful. This is important to me because...
- 7) Each day, I will offer specific and intentional praise to a person or people around me, sharing what I see as their strengths and contributions. This is important to me because...
- 8) I will do at least three random acts of kindness this week, expecting nothing in return other than the positive feelings that come with these acts. Specifically, I will buy a cup of coffee for the person behind me in line, pay for a person's grocery order in front of me, and tip a waiter 30% or more for a job well done. This is important to me because...
- 9) This week, I will actively practice staying flexible when life throws me a curveball, focusing on the importance of compromise and adaptability rather than being right or doing things "my way." This is important to me because...
- 10) Over the next week, I will write out three thank you letters to (an organization or group of people you appreciate), expressing why I am grateful to have them in our lives. This is important to me because...



Meaning and Purpose Wellness Goal Examples

- 1) For the next seven days, I will spend only 15 minutes scanning the news and social media, and spend the time I gain on things I truly care about. This is important to me because...
- 2) To help me uncover my meaning and purpose, I will ponder and write about the three questions listed under the “Optional Challenge: Exploratory Questions & Survey” section in the Wellness Challenge. This is important to me because...
- 3) This week, I will think about my core values and write down somewhere I can see them, and then notice if my daily activities are in sync with my values, my beliefs, and my overall purpose in life. This is important to me because...
- 4) Each night before bed I will jot down some ideas about where I’d like to be in the next five years of my life and why. By the end of the week, I will set two small goals to help me move me in that direction. This is important to me because...
- 5) This weekend, I will sign up to volunteer for a cause that I care about, and I will notice and/or write down how I experience my energy level after I do something that is meaningful to me. This goal is important to me because...
- 6) When setting goals this week, I will think about my intention behind each goal, so I’m clear that I’m doing something for me instead of for someone else. This is important to me because...
- 7) This week I will actively notice my strengths, and think about how I can use these strengths more actively in my daily activities. This is important to me because...
- 8) This week I will work to accept myself for who I truly am...writing down my strengths, my flaws, my tendencies, by thinking about how these things may benefit me. This is important to me because...
- 9) Over the next week, I will create a vision board of what I would like to achieve in (x amount of time). I will gather images/sayings that I find inspiring and are aligned with my values and goals. I will group the images together for each of the five wellness domains, and display the board on my dresser (or on my computer if electronic) so I can look at it daily as a source of motivation and inspiration. This is important to me because...
- 10) I will complete the VRI (or any equivalent survey) to better understand my strengths and my values, which will help me to find ways to use these more frequently in my daily life (a link to the VRI is listed under the “Optional Challenge: Exploratory Questions & Survey” section within the Wellness Challenge. This is important to me because...

