

R.E.A.L GoalSM: Self-Care Approach to the Workweek

(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 if it is 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 a meeting with the CEO of a company.

Touch base 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 or preventive care, dentistry, counseling, Employee Assistance Program, massage, 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 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 me.

- o 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 the 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 of?

Explore more [Real Goals and Supplemental Resources](#)

For help translating or understanding this, please call (800) 635-9233. (TTY dial 711)