

R.E.A.L. GoalSM: Take Five

(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
- Decrease heart rate
- Increases self-awareness
- Increases self-compassion
- Creates a sense of overall well-being
- Improves mood



How to:

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

The schedule might look something like this:

- 8 a.m. – Go to the window or outside and notice everything you can **HEAR** for at least one minute. Focus only on what you hear.
- 10 a.m. – Look at a piece of art from the virtual art museum for at least one minute. Focus only on what you **SEE**.
- Noon – **TOUCH** and play with slime or putty for at least one minute. Focus only on what you feel.
- 2 p.m. – Eat a piece of chocolate for at least one minute. Focus on what you **TASTE**.
- 4 p.m. – **SMELL** an essential oil for at least one minute. Focus on what you smell.

Ideas to get you started:

Sight

- Light a candle and watch the flame flicker.
- Check out a virtual art tour at [nationalgallery.org](https://www.nationalgallery.org).
- Look at your favorite photos.
- Close your eyes and picture a place that feels peaceful and rejuvenating.

Hear

- Listen to nature.
- Sit quietly and listen to a favorite song.
- Listen to a short meditation.
- Buy a small fountain to enjoy the soothing sound of running water.
- Hang wind chimes 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 without distractions.

Touch

- Spend two extra minutes in the shower and slightly increase the hot water. 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 putty or slime.
- Pet an animal.
- Squeeze a stress ball.

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.

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

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