



Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Instructions:** Write down at least two activities you would like to integrate into your day to support self-care and stress management. Set these small goals for the next three months. Be specific. \*\*

**Example:** Going to bed between 9:00 and 10:00 PM Monday to Friday.  
Practicing mindfulness at least once/day between 10:00 AM and 5:00 PM

Activity 1:

\_\_\_\_\_  
(list specific activity and frequency)

Activity 2:

\_\_\_\_\_  
(list specific activity and frequency)

Activity 3:

\_\_\_\_\_  
(list specific activity and frequency)

**\*\*If you say "I am going to eat healthier" that is not very measurable and it will be hard to tell how much progress you have made. Instead, you can say, "I am going to eat salad at dinner time every night and have dessert only three days per week." See how much clearer and more measurable this is?**