The following are examples of whole-person wellness goals for each dimension of wellness. Make your goals S.M.A.R.T. (specific, measurable, attainable, realistic, time-bounded), use “I will” statements, and select goals that have value and meaning to you.

**Emotional Wellness**

1. I will write in a journal daily (or weekly) to list the things I appreciate in my life (or to journal about my feelings).
2. I will perform a relaxing activity (e.g. reading, meditating, enjoying nature, taking a relaxing bath) for at least 15 minutes every day.
3. I will include humor in your life by renting a comical movie, watching a comedy show on TV, or reading the comics at least once each week (identify which day(s) of the week you will perform this activity).
4. This month, I will identify a situation in my life that I am holding a grudge or resentment about, and I will take active steps to resolve the resentment or grudge.
5. I will hug, kiss, or say, “I love you” to someone every day.
6. I will practice at least 1 minute of taking long and deep inhalations and exhalations to increase my relaxation response when I (pick a specific time of day or situation, such as when standing in line at the grocery store).
7. When I notice I am worrying about a situation I will switch my mind-set to focus on a positive (or to focus on what things about the situation I can control).

**Intellectual Wellness**

1. I will play word games or board games that challenge my mind for at least 30 minutes each week (e.g. crosswords, brain-teasers, Sudoku, cards, scrabble, and chess).
2. I will start a new hobby or return to a former one (identify the hobby) and spend at least 1 hour each week performing the hobby.
3. I will read a classic book (or a book to learn about a new subject) over the next two months.
4. I will take a class this semester (e.g. community-college emeritus program, senior/community center offering, or OLLI).
5. I will spend 30 minutes daily reviewing current events by means of a computer, newspaper, or news stations.
6. I will brush my teeth with my non-dominant hand.

**Physical Wellness**

1. I will perform strength exercises targeting 8 major muscle groups, 2 days per week.
2. I will practice using good posture (sitting or standing) during every commercial while I watch television.
3. I will brush my teeth at least twice per day, and floss at least once per day.
4. I will each a healthy breakfast every day, one that includes some protein and fruit (not juice).
5. I will eat 2 servings of vegetables with lunch every day.
6. I will drink at least four 8-ounce glasses of water daily.
7. I will walk for at least 10 minutes each day after breakfast, lunch or dinner (pick one).

**Social Wellness**

1. I will watch television no more than 2 hours per day.
2. I will initiate conversation with a neighbor at least once per week.
3. I will organize family pictures and heirlooms, spending 30 minutes each Saturday.
4. I will share my whole-person wellness goals with a spouse, friend or relative and give them a weekly update on how I am doing toward accomplishing my goals.
5. Once per week, I will call or write to family or friends that are long-distance.
6. I will join a book club (on-line or in-person group) and participate with the group weekly/monthly. Resource for on-line book clubs: <http://www.book-clubs-resource.com/online/>
7. I will join an on-line community (e.g. favorite author fan club, political, hobby), and contribute to the community blogs on a weekly basis.

**Spiritual Wellness**

1. I will read an inspirational quote daily.
2. I will spend 10 minutes every day enjoying nature (e.g my garden, local park).
3. I will participate with my spiritual or religious organization/community on a weekly basis.
4. I will list three things I am thankful for each day.
5. I will practice meditation for 5 minutes every day.
6. I will read spiritual writings for 15 minutes each day.
7. I will practice yoga or Tai Chi for 30 minutes weekly.

**Vocational Wellness**

1. I will volunteer at my local hospital or community organization (e.g. food bank, soup kitchen) for at least 1 hour per month.
2. I will attend two healthcare lectures/programs through my healthcare group offered over the next 6 months.
3. I will participate in programs offered at my local community/senior center, selecting two over the next 6 months.
4. I will spend at least 1 hour per week gardening or 1 hour per month volunteering with the Sierra Club or at a national or state park.
5. I will make daily (or weekly) to-do lists, prioritize the tasks, and keep track of my progress.
6. I will spend at least 2 hours per week increasing my use of technology such as computers, cell phones, e-mail and social networking sites such as Facebook (be specific about the task you will do).