

## GOALS

Please set 1-3 goals for improving your well-being. You can write your personal goals or choose from the list below.

### Own goals

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### Stress management

- I will set a realistic work schedule.
- I will take regular short breaks during the work day.
- After the workday, I will try to disengage from work by doing things that I enjoy.
- I will learn to say “No”.

### Recovery and sleep

- I will continue to engage in my hobbies because positive experiences enhance my well-being.
- I will try to relax on a regular basis (e.g. relaxation techniques, music, TV, reading).
- I will avoid stressful things just before bedtime (e.g. alcohol, work and electronic devices).
- I will attempt to go to bed early enough to get enough sleep.

### Physical activity

- I will find an enjoyable form of exercise to engage in regularly.
- I will increase the amount of light physical activity, e.g. by using the stairs, walking short distances and avoiding uninterrupted sitting.
- I will attempt to engage in physical activity at least \_\_\_\_\_ times per week.
- I will take care of my muscles by including stretching as part of my weekly exercise routine.

### Nutrition

- I will maintain a regular meal rhythm.
- I will pay attention to the quality of what I eat, e.g. avoid products that contain excessive fats, sugar or salt.
- I will lose weight \_\_\_\_\_ kg.
- I will remember to drink and eat regularly, even when I am busy.