



Wellness Icebreaker

Instructions:

Find someone in this group who is practicing a wellness activity listed below. Ask that person to describe the activity they do and tell what effect it is having on their life. Next, have that person autograph the appropriate square on this sheet. Try to get as many different autographs in as many squares as possible.

Gets 30+ minutes of physical activity at least 5 times per week.	Has a daily time for prayer/meditation.	Reads for fun and/or relaxation.
Volunteers.	Eats a healthy, well-balanced diet.	Keeps a list of financial goals.
Participates in professional development opportunities.	Has healthy strategies for coping with stress.	Invests in building close friendships.
Has dealt with loss in a healthy manner.	Is involved in a club and/or sports group.	Reads inspirational literature.
Plays a musical instrument.	Schedules and takes breaks throughout the day.	Gets 6-8 hours of sleep each night.
Maintains financial savings for the future.	Smiles and laughs most days.	Pursues ongoing education.
Makes time for play.	Spends time in nature.	Has a positive relationship with his/her/their body.

Setting Goals for a Healthy You!

The following steps will help you develop an effective plan to support your personal goals for enhancing your resiliency. Just follow these steps...

Step 1: Identify the behaviour you want to change.

How do you want to enhance your resilience? When planning healthy change, it is best to start simple and build from there as you become more familiar with the process. Remember, change takes time and effort. With specific and achievable goals, you can get there!

How do you want to enhance your wellbeing (be specific)? _____

Step 2: Identify the Benefits to Making a Change.

Knowing why you are making the change will help boost motivation, especially on those days when change seems hard.

Examples:

- I will be happier
- I will be able to spend more time with my friends
- My grades will improve
- I will feel less stressed

What benefits will come from making this change?

1. _____
2. _____
3. _____
4. _____
5. _____

Step 3. Set SMART goals for the change you want to make.

We are more likely to accomplish our goals when they are **Specific, Measurable, Achievable, Realistic**, and **Time-bound**. Longer-term goals might be a bit broader, whereas shorter-term goals are much more specific. Breaking longer-term goals into smaller, more manageable shorter-term goals will increase the likelihood of successful change.

Example: I will develop a more balanced lifestyle by participating in regular physical activity.

Identify your longer-term goal: _____

Next, identify short-term goals that will help you to reach your longer-term goal.

Examples:

- I will prepare my workout clothes for the next day before I go to bed.
- I will create a schedule of physical activity for each week that includes 4 activities per week for a minimum of 30 minutes each.

Adapted with permission from: National Wellness Institute (2009). Making wellness work for you (3rd ed.).



- Over the next week, I will research at least one new physical activity I can include in my schedule.

What are your short-term goals?

1. _____
2. _____
3. _____

Step 4. Assess your readiness for change.

Change can be hard. The more ready we are to make change, the more likely we will be successful with the goals we set. Use the following questions to assess your readiness. If you answer “no” to any of the questions, consider revising your goal or see if there is something that can increase your readiness.

Readiness for Change		
1. Making this change is important to me.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. I have a positive attitude about my ability to make this change.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. I am likely to be healthier or live in a healthier environment if I make this change.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. If necessary, I am able or willing to spend the money required to make this change.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. I am willing to intentionally devote the time necessary to make this change.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. The goal I have set is measurable.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. Knowing what I know about myself, the goal I have set is achievable.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8. I can identify others who will support me in making this change.	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Step 5. What are the Helpers and the Hurdles to making this change?

Sometimes we need to draw on other resources or make other changes to support our well-being goals. Consider what factors will help support you in achieving your goals.

Examples of Helpers:

- I will ask my friend to come with me to the gym one time each week.
- I will purchase healthy food to eat after I exercise as it will help my body to feel good.
- I will sign up for a class with Active Living that runs once a week for accountability.
- I will schedule my workouts into my phone and set a reminder for 2 hours before.

List your helpers:

1. _____
2. _____
3. _____

It is normal to run into hurdles that get in the way of your goals. When we can anticipate potential hurdles, we can also make plans to overcome them.

Example of Hurdles:

- I am too tired at the end of the day to be physically active.



- I may not be able to afford healthy food this week.
- Sometimes I struggle with will-power.

List your hurdles:

1. _____
2. _____
3. _____

Think about and list ways you can overcome each of the hurdles you have identified to support your success.

Examples of solutions:

- If I find I am consistently tired on certain days, I will move my activity to a different day or earlier in the day.
- I will text a friend when I am struggling with will-power. We will set up an agreement that my friend will offer encouragement and check in when the activity is done.

List your solutions:

1. _____
2. _____
3. _____

Step 6. Setting Yourself Up for Success: Modify Your Surroundings

The people and things around you can influence how likely you are to carry through with new goals or fall back into previous habits or routines. The more supportive your surroundings are, the greater likelihood of your success. Consider the people in your life and how you might enhance your support networks.

Examples:

- Keep healthy food in my fridge/cupboard; don't buy junk food.
- Set up accountability agreement with friend to support physical activity goals.

How will you build a supportive environment and social network to enhance the success of your goals?

Step 7. Plan Rewards!

Rewards help to enhance motivation and support intentionality of change. Choose enjoyable, positive rewards to celebrate achievement of your short-term and long-term goals. Remember, you have to be okay not having/using the reward if you do not achieve your goal! Here are a few hints for rewards:

- Reward yourself as soon as possible after completion of the goal
- Make sure your rewards are meaningful to you! It's okay to adjust/change rewards throughout the process.



- Reward yourself more frequently early on in making the change. As the change becomes more established you can reduce frequency of rewards.
- Use positive encouragement in addition to external rewards.

List rewards for your short-term goals:

1. _____
2. _____
3. _____

List a reward for accomplishing your longer-term goal:

1. _____

Examples of rewards:

- I will take 40 minutes before bed to watch my favourite show.
- I will treat myself to a pedicure.
- I will buy new workout clothes when I complete my long-term goal.

Step 8. Track Your Progress

Once you've set up your plan, make sure you track your progress as it helps to keep you mentally focused on the change you are making. Remind yourself about the benefits of change. Use your helpers! Remember your plans for overcoming challenges and be proactive in applying these strategies. Create an environment that supports your success...reward yourself and have fun!

Here is one example for tracking your progress. This format is helpful as it invites you to reflect on what's working or not working so that you can make changes to the plan that will help get you back on track.

Healthy Lifestyle Tracking Chart					
Date	What I plan to do	What I did	What helped?	What got in the way?	How I will overcome the obstacle in the future.
Example: 26/09/19	Prepare workout clothes for tomorrow	Prepared my clothes, forgot my shoes	Made sure I did laundry on the weekend	Shoes were kept in a different spot	Store shoes in gym bag when I'm not using them.

