

Designing 2008

Want Better. Know Better. Plan Better. Do Better.

KEY AREAS OF FOCUS	What concerns do I have in this area of my life?	What goals do I have to address these concerns?	Specifically what will I do to achieve these goals, and how often?	What results should I see by what date, and if I don't, what am I willing to do differently?
PHYSICAL				
Key components to a healthy physical self are nutrition, exercise and sleep.				
EMOTIONAL				
<p>A healthy emotional self includes feelings of self and other-acceptance, a connectedness to important others, and a sense of purpose in this life.</p>				

INTELLECTUAL			
Key components to a healthy Intellectual self include a stimulated mind that is challenged to think and expand.			
SPIRITUAL			
Key components to a healthy Spiritual self include a sense of purpose to your life that inspires you to reach your highest good.			

<p>SOCIAL</p>				
<p>Key components to a healthy Social self include connectedness to friends, family and loved ones that support your highest good.</p>				
<p>PROFESSIONAL</p>				
<p>Key components to a healthy professional self include a sense of personal satisfaction and purpose in your professional life.</p>				

FINANCIAL			
Financial health means that you are financially able to meet your basic needs while striving to financially support your life goals and highest good.			
OTHER AREAS			
Key components to a healthy professional self include a sense of personal satisfaction and purpose in your professional life.			

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by Michele O'Mara, LCSW

<p>KEY LIFE DIMENSIONS</p>	<p><i>What concerns do I have in this area of my life?</i></p> <ul style="list-style-type: none"> • Low Energy 	<p><i>What goals do I have to address these concerns?</i></p> <ul style="list-style-type: none"> • Get more sleep and exercise 	<p><i>Specifically what will I do to achieve these goals, and how often?</i></p> <ul style="list-style-type: none"> • Sleep at least 7 hours/night • Cardio exercise a minimum of 45 minutes daily at least 5 days a week 	<p><i>What results should I see by what date, and if I don't, what am I willing to do differently?</i></p> <ul style="list-style-type: none"> • Immediately • Increased energy, improved mood. Revise workout program if this is not working within the first month or hire a personal trainer.
<p>Key components to a healthy physical self are nutrition, exercise and sleep.</p>				
<p>EMOTIONAL</p>	<ul style="list-style-type: none"> • Fear I will never find a partner 	<ul style="list-style-type: none"> • Get comfortable in my own skin and being alone 	<ul style="list-style-type: none"> • Read at least one self-help book a month, journal daily, take one risk a week to step out of my comfort zone. 	<ul style="list-style-type: none"> • Within the first month I should begin to feel more self-confident. If I do not, and I'm not sticking to my plan I will consider getting counseling.
<p>A healthy emotional self includes feelings of self and other-acceptance, a connectedness to important others, and a sense of purpose in this life.</p>				
<p>INTELLECTUAL</p>	<ul style="list-style-type: none"> • Uninformed about current events and news around the world 	<ul style="list-style-type: none"> • Stay in better touch with local, state and world news 	<ul style="list-style-type: none"> • Do one of these things every day: watch morning news while getting ready for work, listen to NPR for a minimum of 20 minutes, read the newspaper a minimum of 20 minutes a day or read online news headlines daily 	<ul style="list-style-type: none"> • Immediately I should see an increase in my understanding of what is going on in the world. If I don't, I need to change the source I am using every day to stay informed.

Key components to a healthy Intellectual self include a stimulated mind that is challenged to think and expand.			
SPIRITUAL	<ul style="list-style-type: none"> Lack of spiritual connectedness 	<ul style="list-style-type: none"> Feel more connected spiritually 	<ul style="list-style-type: none"> Pray or meditate daily Journal at least 10 minutes daily Explore new places for worship Make more outings that involve nature and connectedness to earth and outdoors Read at least one book with a spiritual focus each quarter
Key components to a healthy Spiritual self include a sense of purpose to your life that inspires you to reach your highest good.			
SOCIAL	<ul style="list-style-type: none"> Feel disconnected from like-minded people 	<ul style="list-style-type: none"> Get more involved in activities that interest me where I might find new friends that share my interests. Nurture existing associations and friendships that may become closer connections. 	<ul style="list-style-type: none"> Consider spiritual venues to connect, sporting connections (biking, basketball, softball) professional connections (associates, clubs, etc..) Contact people I currently know but don't know well, that may become better friends.
Key components to a healthy Social self include connectedness to friends, family and loved ones that support your highest good.			
PROFESSIONAL	<ul style="list-style-type: none"> Lack of enthusiasm about work 	<ul style="list-style-type: none"> Look forward to going to work everyday 	<ul style="list-style-type: none"> Consider alternative position within workplace Propose new project to work on Talk with boss about interest in new challenges at work
Key components to a healthy Professional self include a sense of personal satisfaction and purpose in your professional life.			
FINANCIAL	<ul style="list-style-type: none"> Excessive undisciplined spending 	<ul style="list-style-type: none"> Create budget for next year that designates how much money I will spend 	<ul style="list-style-type: none"> Pay off bills first, save second Create and stick to a monthly spending budget for self
Financial health means that you are financially able to meet your basic needs while striving to financially support your life goals and highest good.			
Note: This example includes only one goal per category. The more detailed and inclusive your plan is, the better your year will be - if you stick to it!			