

# R.E.A.L Goal<sup>SM</sup>: Intentional Grounding - Mind/Body/Spirit

(Realistic, Easy, Attainable, Life Goals)

**Example:** I will plan to do one thing for my mind, body, and spirit daily.

## The benefits:

- Brings clarity and purpose to the day
- Increases self-awareness
- Increases self-compassion
- Creates a sense of overall well-being
- Improves mood

## How to:

While getting ready for your day, consider what you will do personally for your mind, body, and spirit. Keep in mind that this is not your to-do list but a conscious choice to create an opportunity to intentionally ground yourself in something just for you. The three actions you select do not have to take a lot of time but should be something you want to do or enjoy doing. In a world where we tend to clutter our minds and days with things that we think we have to do, this intentional grounding activity can remind you of what is really important – being present and not losing your sense of self.

## Ideas to get you started:

### Mind

- Find a new podcast or book for your commute.
- Get a doodle notebook and draw, work on a puzzle, Sudoku, or crossword puzzle.
- Start writing a memoir.
- Select a word that becomes your “Word of the Day.” This word can be the anchor with things that feel out of control.
- Identify three good things about the day.

## Body

- Spend an extra two minutes in the shower and slightly increase the hot water. Close your eyes, breathe in deeply, and feel the water on your body. Shift your attention to hearing the water as you continue to breathe.
- Try this easy [9-minute Acupressure Exercise](#).
- Self-massage your shoulders.
- Take a little extra time to put on a favorite lotion.
- Take a 10-15 minute wellness walk.

## Spirit

- Find the funny. Challenge yourself to notice five funny things within the day.
- Take a true Chocolate moment! Select a good dark chocolate. From the moment you pick up the chocolate, start engaging your senses. Look at the detail of the wrapper. Feel and hear the wrapper as you open it. See the beauty of the chocolate and the texture. Smell it as you hold it and feel it in your fingers. Set the chocolate in your mouth and feel it settle on your tongue. Close your eyes and notice the taste as it moves around your mouth, touching it to different parts of your tongue to awaken your taste buds. Breathe in when you are doing this. When the chocolate is dissolved, notice the taste that remains. Take another couple of deep breaths and notice how you feel before returning to your day.
- Notice the small win/s of your day.
- Find a quote that speaks to you and go back to it throughout the day when you need it.

Explore more [Real Goals and Supplemental Resources](#)

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