

Week 1: Goals

Mental Health Mastermind

Notes

Defining Wellness:

Wellness is the process of paying attention, learning, and making the choices that help you live a healthy and fulfilling life.

Domains of Wellness:

Academic Wellness. School, time, and graduation. Includes your school satisfaction, performance, relationships, and progress toward graduation.

Emotional Wellness. Understanding and responding to your emotions. Includes positive emotional experiences and how you respond to life's challenges.

Environmental Wellness. Your sense of safety, comfort, and connection with your physical surroundings.

Financial Wellness. Includes your earning, spending, and saving practices and comfort/satisfaction with your financial situation.

Interpersonal Wellness. Your daily interactions, the qualities of your relationships, and your satisfaction with time spent interacting with others.

Occupational Wellness. Includes job satisfaction, performance, and professional development.

Physical Wellness. How you experience your body. It includes physical activity, nutrition, medical care, body image, and energy/vitality.

Spiritual Wellness. Your sense of connection to something larger than yourself, values, meaning, ethics, or faith.

Stage of Life Wellness. Includes life skills and experience, problem-solving and decision-making, and self-awareness.

Setting Wellness Goals:

Wellness goals can focus on any domain of wellness. As you set wellness goals, consider where you're already investing time, money, or energy and what aspects of your life could use more attention. What's working and what are your opportunities for growth?

For this mastermind, you might consider setting overall wellness goals, academic/professional goals, personal interest goals, and emotion/mindset goals.

University of Arizona Counseling and Psych Services, Mental Health Mastermind

Types of Goals:

Goals can focus on any aspect of change. For example, you could set:

Outcome Goals: Beginning with the end in mind.

Questions to ask yourself when setting outcome goals include, *Where do I want to end up? How do I want my life to look? How do I want to feel in the end? What does my best possible self look like? How would I know when I arrive there or when things are better?*

Before and after snapshots (literal or figurative) of your life are a great way to measure your progress when working toward an outcome goal. A question to ask yourself at the end of your goal period is how does now compare to when I started?

Performance Goals: Focus on a specific action, behavior, or skill to improve.

Questions to ask yourself when setting performance goals include, *What skills do I want to develop/master? How would I know if I've improved? Why do I want to develop or improve this skill?*

As you embark on a performance goal, it helps to know how you will measure your progress in your performance. Self-monitoring aspects of performance such as words written per day, speed, and mood tracking can help you see objective progress.

Process Goals: Focus on the small actions, attitude, or habits that will get you to your desired end result.

Questions to ask yourself when setting process goals include, *What small steps do I need to start taking now? What do I want or need to do consistently to see my desired end result? What are the small actions or habits that help me feel the way I want to feel?*

Habit tracking is a great way to monitor process goals.

Delivery Goals: Focus on a tangible or deliverable outcome.

Questions to ask yourself when setting delivery goals include, *What final product do I want to have created by the end? What do I need to turn in? What would I physically hold, see, or experience in the end?*

To work toward delivery goals, try breaking your final end result into smaller steps and measurable milestones.

Making Your Goals SMART:

SMART stands for: specific, measurable, actionable, reasonable, and timely. Try to phrase your goal in a way that lets you know exactly what you intend to do, how you'll know when you've achieved it, and when you plan to assess your progress.

Examples of SMART goals:

- Get at least 7 hours of sleep 3 nights in the next week.
- Contact my advisor to set up an appointment in the next week.
- Buy a planner for school tonight.

GROW Your Goals:

Even with our best intentions, there will be setbacks along the way toward reaching our goals. You can help grow your goals with the GROW model for goal-setting:

G: GOAL. Name your specific goal. What is it you intend to be, do, or have?

R: REALITY. Acknowledge the reality of where you stand now. No judgment, just clear seeing. What is your starting point? Where do you currently struggle? What resources are accessible to you? What are the foreseeable obstacles?

O: OPTIONS. Name the choices you have right now. What solutions do you see? Who can you talk to for support? What paths can you take?

W: WAY FORWARD. Choose your way forward, obstacles and all.

If-Then:

Reduce the fears and uncertainties that come with change by trouble-shooting foreseeable obstacles using if-then statements.

Examples:

- If I miss a day of exercise, then I will investigate what problems need to be solved.
- If I fall behind on my research, then I will call my accountability buddy.
- If I oversleep, then I will look at what I need to do for the day and begin with what is most pressing.

When-I:

You can also look ahead to your success and think about how you will celebrate. You can also use these statements to name how you will feel or what will be reinforcing about meeting your goal.

Examples:

- When I turn in my thesis, I will feel so proud of my progress.
- When I've completed 10 workouts, I will sign up for a fun new exercise class.
- When I've completed my writing for the day, I will read a fun book.

Work

Define Wellness

My personal definition of wellness:

Complete the Personal Wellness Plan Activity

We'll work on this exercise together during the mastermind: <https://health.arizona.edu/personal-wellness-plan>

Set Your Goals

Name 3 or 4 goals for the next 12 weeks. Try to incorporate different elements of your wellness.

My goals for this mastermind:

GROW Your Goals

Goal 1:

Goal:
Reality:
Options:
Way forward:

Goal 2:

Goal:
Reality:
Options:
Way forward:

Goal 3:

Goal:
Reality:
Options:
Way forward:

Goal 4:

Goal:
Reality:
Options:
Way forward:

If-Then Statements

When-I Statements

Name Your Theme

Looking over all the work you've done, set a theme for this mastermind. You might choose a motivational statement, watchword, or other symbol that will help you remember what you intend to do.

My mastermind theme: