

Weekly Motivator



campus**mind**works.org

This tool is intended to help remind you to take care of yourself and follow through on the different components of your self-care program. Select one or more of the areas indicated below to work on in a given timeframe. Focus on setting realistic goals, and on identifying barriers you may need to overcome in order to achieve your goals.

Today's date: Tues May 19
My timeframe for these goals: ☐ Today XThis week ☐ This month
☐ Before my next appointment

Physical Activity

I will spend at least __3 days doing the following physical activity for _30_ minutes: walking the dog OR riding my bike OR walking on the treadmill.

Fun

Regardless of how I feel, I will commit to scheduling 2 fun activities, including:

going to a movie with my sister, going to the bookstore and buying a new book

Eating Right

I will make the following choices to improve my eating habits:

switch to decaf coffee, substitute fruit for a candy bar as my afternoon snack, cut down on soda.

Support from Others

I will spend at least <u>15</u> minutes on at least <u>3</u> days spending time with:

my sister, my dog, and my best friend carla.

Relaxation

I will spend at least <u>30</u> minutes on at least <u>30</u> days on the following relaxing activities: yoga class, yoga video, reading for pleasure, writing in my journal.

My Specific Goal

My goal is: to lose a pound this week

Step #1: write down everything I eat

Step #2: follow my exercise plan

Step #3: stay away from junk food



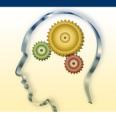
What might get in the way of meeting the goals you have set for this timeframe? Stress at work, busy schedule for myself and my kids,

Brainstorm possible ways to overcome these barriers: exercise early in the morning, before work. Plan my next day's meals the night before, and pack my lunch (after the kids go to bed); arrange to have my husband get the kids ready for bed so I can read/do yoga, etc.

or More Information
niversity of Michigan Depression Center
00-475-5424 www.depressioncenter.org @2003-2010 Resen



Weekly Motivator



campus**mind**works.org

This tool is intended to help remind you to take care of yourself and follow through on the different components of your self-care program.

Select one or more of the areas indicated below to work on in a given timeframe. Focus on setting realistic goals, and on identifying barriers you may need to overcome in order to achieve your goals.

Today's date:				
My timeframe for these goals:	\square Today	\Box This week	\square This month	
	☐ Before	my next appo	intment	

timeframe. Focus on setting realistic goals, and on may need to overcome in order to achie		☐ Before my next appointment
Physical Activity I will spend at least days doing the following physical activity for minutes:	Fun Regardless of how I feel, I will commit to scheduling fun activities, including:	Eating Right I will make the following choices to improve my eating habits:
Support from Others I will spend at least minutes on at least days spending time with:	Relaxation I will spend at least minutes on at least days on the following relaxing activities:	My Specific Goal My goal is: Step #1: Step #2: Step #3:
How likely are you to follow through with these Not likely 1 2 3 What might get in the way of meeting the goals		8 9 10 Very likely

For More Information
University of Michigan Depression Center