

Mind-Body Goal Setting Worksheet

Last updated May 31, 2018



This worksheet will help you explore and set goals that are *truly meaningful to you*. It will also help you identify a few *purposeful actions* that you will be motivated enough to actually do to achieve those goals. Balancing your mind's thoughts with feedback from your body will create the conditions for progress and lasting success!

Before You Start

- Although you can certainly do this alone, consider having a trusted friend or family member guide you through this process and capture your responses. (It may be easier to focus on feedback from your *body*.)
- Have a pencil and a printout of this worksheet available.
- Any time you're listing things or rating ideas, *try not to THINK too much about your answers*; just write whatever quickly comes to mind. (You'll be verifying those answers with your body in each step anyway!)

Centering

1. Find a comfortable place where you won't be disturbed. Shut off devices & remove distractions from your space.
2. Sit with your feet *flat on the floor* and your hands on your thighs. Breathe naturally for a few moments, *following the sensation of breath in your body* with your attention if you can. Now close your eyes, imagining that the soles of your feet had roots traveling down into the floor, all the way to the center of the earth.
3. Take a deeper breath in through your nose, and exhale all the air out through your mouth with an audible sigh. Repeat this "clearing breath" 3 times.

The Process

1. Assess your current state

- a) List 1-5 words or short phrases to describe *how you currently feel* (i.e. your body, physically or emotionally). How are you showing up in this present moment?

- b) Close your eyes. Reconnect to the sensation of your feet on the ground and to your breath.

Now you (or your guide) say aloud each of the words or phrases you wrote above. After hearing each, pick the *one* word or phrase from your list that resonates the most with *your body*—the one that *physically feels* the most right. Write it here, along with any sensations you feel upon hearing it:

2. Identify your desired state

- a) Is the word or phrase you wrote above something you want to:

_____ Increase _____ Reduce _____ Transform _____ Maintain?

- b) Why would doing this be valuable to you? Brainstorm and list 1-3 **benefits you might expect** in the first column below. Don't worry about the Motivation Rank yet. (*Again, try not to think too much, just throw down some ideas that immediately come to mind.*)

Expected benefit:

Motivation rank:

- c) Close your eyes. Reconnect once again to the sensation of your feet on the ground and of the breath in your body. You or your guide now say—out loud—each of expected benefits you stated above.

Listen to your body's reactions and rank each benefit from 1 to 5, with 1 not being motivating at all for you, 3 being neutral, and 5 being highly motivating. Tune in, really listen, and **be honest with yourself!**

Tip: If no benefits rank higher than a 3, brainstorm more benefits & rank those before moving on.

3. Identify realistic, purposeful actions

- a) With your desire in mind, list 1-5 **purposeful actions you might take** to achieve your desired state, and capture them in the first column. Don't worry about the Realism Factor yet.

Purposeful actions:

Realism factor:

- b) Close your eyes. Feel your breath and your feet rooted down. Now you or your guide say each of the actions you wrote above.

Listen to your body's reactions, and rate each action on a scale of 1-5 to **describe how do-able that action is for you within the next week** (1= not at all, 3=neutral, 5=highly). **Honor the wisdom of your body.**

Tip: If no purposeful actions are really do-able, repeat the exercise. You only need one!

4. Next steps

- a) Review the purposeful action with the highest realism factor (3a) and the most motivating benefit (2b).
- b) Figure out how you'll do it within the next week. Set reminders, and/or schedule time in your calendar and keep that date with yourself.
- **Note:** You only need to do ONE. If you're feeling like that's not enough, sit with that feeling and explore why you want to do more!
- c) Repeat this process as often as needed to keep you moving forward in the direction of your dreams!
- **Note:** I recommend that you ask the questions new each time. We change so much from moment to moment; even if a category on a prior worksheet has a high motivating and realism factors one day, that may not be true the next. You need to be as present as possible!

Other Ways to Use this Worksheet

Experiment with using this process for any or all of the following:

- Physical state—consider any aches & pains, your sleep, energy levels, eating habits & digestion, etc.
- Mental state—how your mind is working, ways that you're thinking about life, how you're functioning in the world, focus, etc.
- Emotional state—how and what you're feeling, relating to others you love, sensitivities, etc.
- Spiritual state—your connection with any higher power, with others in the world, meditation/prayer, etc.

Alternatively you could use it for categories such as:

- Family situation
- Most significant relationship
- Social support / friends
- Work / purpose
- Finances / money
- Living arrangements / environment
- Sexuality

An Example

The following is one example of how to use the worksheet, just give you an idea of one way it might play out. Remember the intent here is to align your mind and your body; there is no way to do it “wrong”.

1. Assess current state:
 - a. (My mind says that) I feel: restless, anxious, sore and tired.
 - b. The word / phrase that resonates most in my body is: anxious!
2. Identify desired state:
 - a. I want to reduce my anxiety. I want to feel confident and calm, even in the context of my busy life. I want Balanced Energy.
 - b. Benefits I expect: more energy (4), better focus and concentration (3), improved quality of whatever it is I'm doing (4). It would be easier to “come down” from the day and maybe get better sleep (5). The latter is what resonates most in my body: the transition from “busy” to “relaxed” being not such a big leap. That's what I want--mind and body.
3. Identify realistic, purposeful actions:
 - I have a lot of Vata energy and have been told many times to simply put my feet on the ground. To ground myself more often since I'm very flighty. This always feels good to me when I remember to do it.
 - Realism factor: 5
 - Body response: Felt my feet suctioning down into the earth even more!
 - Spend quality time with my significant other. Really be present with him when we are together, since our schedules are mostly opposite.
 - Realism factor: 4.5
 - Body response: Panic attack feeling: chest tightened, heart racing, difficulty breathing. (We had an issue recently, so this scares me.)
 - Find some simple ritual to help me transition from work / busy to play / relaxation.
 - Realism factor: 4
 - Body response: Scared, then curious and excited.

- Increase my awareness of “night eating”. My schedule is such that I often eat too late (right before bed) even when I’m not really hungry.
 - Realism factor: 3
 - Body response: Image of reaching out in all directions (ala “fish feeding frenzy”). That’s what it feels like when I do it.
- Have at least one meal a day where I’m sitting at a table, completely focused on actually eating instead of multi-tasking.
 - Realism factor: 2
 - Body response: Rebellion. “Yeah right!” Disbelief. A pushing away.

4. Next steps (created from best purposeful actions):

- Since this exercise was done with a guide via Skype, I was able to notice just how much I took my feet OFF the floor during the conversation (e.g. crossing legs, propping up on a box under my desk, etc.). I will get my standing desk set back up—not sure why I stopped using it actually. 😊
- When I come in for the evening, I’ll consciously pause in the entryway before coming up the stairs. I’ll root my feet down into the green carpet, take a deep breath, & then ascend. This will help me transition from work to home, help me get more present for my boyfriend when he greets me, and might help me better connect with what my body needs for nourishment (likely love or water instead of food)!

What Others Have to Say

“I am big into ‘reframing’ these days, and the way your questions were structured, it allowed me—safely and objectively—to express my concern / need / issue, and then a separate question drew out another issue of something, and then when the two priorities were juxtaposed, it ‘reframed’ the issues in a wholly new way. Not sure if that will make sense but that impressed me as reframing is the key to getting free of the old ruts.” – Justin L.

Have you used this worksheet? Let me know how it felt for you! I’d love to hear your feedback.

Are You Ready for Some Help?

If you struggle with sleep, chronic pain, emotional eating, or stress, I invite you to have a conversation about your wellness challenges.

In this complementary 20-minute conversation, you'll **get more clarity about your health concern & new ideas about how to get unstuck**. Everyone needs help from time to time, especially with lifestyle changes, which can be very difficult to make!

Whether what you've been doing isn't working in a sustainable, long-term way or you just want a fresh perspective:

SCHEDULE A CONVERSATION

