



- **S is for Specific:** Your goal should be well defined. Don't say you want to be rich; say you want to make a certain amount of money.
- **M is for Measurable:** If you can't measure your goal, you can't manage it. Getting fit isn't measurable—running a six-minute mile is.
- **A is for Actionable:** You wouldn't drive to a new town without asking for directions. Develop the action steps to achieve your goal.
- **R is for Realistic:** If you're living in your parents' basement, it's hard to become a millionaire. Your goals should challenge and stretch you, but not so much that you give up on them.
- **T is for Time-based:** The phrase, "A goal is a dream with a deadline" comes to mind. Setting a time to complete your goal makes you that much more likely to reach it.

The challenge for many people is that this process, while logical, is very heady. To get your goals out of your head and into your hands, make sure they fit with your emotions—with your HEART:

- **H is for Healthy:** How can you make sure your goals support your greater well-being? Your goals should contribute to your mental, physical, and emotional health.
- **E is for Enduring:** Your goals should inspire and sustain you during the difficult times when you want to quit.
- **A is for Alluring:** You shouldn't always have to push yourself to work on your goals. They should be so exciting, enticing, and engaging that you're pulled toward them.
- **R is for Relevant:** Don't set a goal without knowing why you're setting it. Ideally, your goals should relate to a

VALUES

What are your core values? How do your values drive your actions?

Instructions:

Listed below are 50 values. Read through the list. When you find a value that describes you, circle it. Next, condense the circled list to the 10 values that most describe you. Finally, reflect on the meaning of each of these 10 values, and ask yourself if they are congruent with the choices you make and the actions you take on a daily basis. If so, great! Keep it up! If not, look at how you may create a life of greater integrity and happiness! Enjoy!

ACCEPTANCE To be accepted as I am	ECOLOGY To live in harmony with and protect the environment	INNER PEACE To experience personal peace	RESPONSIBILITY To make and carry out important decisions
ACCURACY To be correct in my opinions and actions	FAME To be known and recognized	INTIMACY To share my innermost experience with others	RISK To take risks and chances
ACHIEVEMENT To accomplish and achieve	FAMILY To have a happy, loving family	JUSTICE To promote equal and fair treatment for all	ROMANCE To have intense, exciting love in my life
ADVENTURE To have new and exciting experiences	FLEXIBILITY To adjust to new or unusual situations easily	KNOWLEDGE To learn and possess valuable knowledge	SAFETY To be safe and secure
ATTRACTIVENESS To be physically attractive	FORGIVENESS To be forgiving of others	LEISURE To make time to relax and enjoy	SELF-ACCEPTANCE To like myself as I am
AUTHORITY To be in charge of others	FRIENDS To have close, supportive friends	LOGIC To live rationally and sensibly	SELF-CONTROL To be self-disciplined and govern my own activities
AUTONOMY To be self-determining and independent	FUN To play and have fun	LOVED To be loved by those close to me	SELF-ESTEEM To feel positive about myself
BEAUTY To appreciate beauty around us	GENEROSITY To give what I have to others	LOVING To give love to others	SELF-KNOWLEDGE To have a deep, honest understanding of myself
CARING To take care of others	GENUINENESS To behave in a manner that is true to who I am	MASTERY To be competent in my everyday activities	SERVICE To be of service to others
COMFORT To have a pleasant, enjoyable life	GOD'S WILL To seek and obey the will of God	MODERATION To avoid excess and find a middle ground	SEXUALITY To have an active and satisfying sex life
COMMITMENT To make a long-lasting and deep commitment to another person	GROWTH To keep changing and growing	MONOGAMY To have one close, loving relationship	SIMPLICITY To live life simply, with minimal needs
COMPASSION To feel and show concern for others	HEALTH To be physically well and healthy	ORDERLINESS To have a life that is well-ordered and organized	SPIRITUALITY To grow spiritually
COMPLEXITY To have a life full of variety and change	HELPFULNESS To be helpful to others	PLEASURE To have experiences that feel good	STABILITY To have a life that stays fairly consistent
CONTRIBUTION To make a contribution that will last after I am gone	HONESTY To be truthful and genuine	POPULARITY To be well-liked by many people	STRENGTH To be physically strong
COURTESY To be polite and considerate to others	HUMILITY To be modest and unassuming	POWER To have control over others	TOLERANCE To accept and respect those different from me
CREATIVITY To have new and original ideas	HUMOR To see the humorous side of myself and the world	PURPOSE To have meaning and direction in life	VIRTUE To live a morally pure and excellent life
DEPENDABILITY To be reliable and trustworthy	INDEPENDENCE To be free from depending on others	REALISM To see and act realistically and practically	WEALTH To have plenty of money
DUTY To carry out my duties and responsibilities	INDUSTRY To work hard and well at my life tasks		

Source: Miller, W.R., C'deBaca, J., & Matthews, D.B. (1994). Values Card Sort. Unpublished manuscript: University of New Mexico.

www.winona.edu/resilience

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VALUES

What are your core values? How do your values drive your actions?

What did you identify as your top 10 values?

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

Do these values guide your words and actions, and if so how?

How do you feel when you make choices in line with your identified values versus times when you don't?

What changes can you make in your life so that your choices and actions are more consistently in line with your values?

Adapted from: Hayes, Louise (2016). Strength spotting card sort.

<http://thrivingadolescent.com/2016/01/19/strength-spotting-card-sort-free-download/>





EXTENSION

Chair Yoga



Hold poses for 3-5 breaths or 30-60 seconds. Complete poses on both sides of the body. Complete poses 1-3 times. Breathe throughout poses, do not hold your breath. Tighten abdominal muscles and maintain core strength during poses. Suggested equipment: sturdy chair.



Cat Pose

Sitting up tall on the front of a chair, place your hands on your knees. Round your upper back, tuck your chin and hold for one breath. Move into Cow Pose.



Cow Pose

Sitting up tall on the front of a chair, place your hands on the middle of your thighs. Keep your elbows in by your sides, push your chest out, squeeze your shoulder blades and look up. Hold for one breath. Move into Cat Pose. Continue alternating between Cow Pose and Cat Pose for 8-12 repetitions.



Eagle Pose

Sitting up tall on the front of a chair, pull your shoulders back and down. Cross your left foot over your right. Hold your left arm up at a 90 degree angle. Wrap your right arm around your left arm and grab your left thumb or wrist. Slowly push your hands up towards the ceiling and hold for 3-5 breaths. Repeat on the opposite side.



Pigeon Pose

Sitting up tall on the front of a chair, take your left ankle and place it on your right thigh. Keep your spine long and shoulders back and down. Lean forward slightly. Hold for 3-5 deep breaths. Repeat on opposite side.



Warrior II

Sitting up tall on the front of a chair, take your left leg and move it out to the left side of the chair and point your toes to the left. Drop your right knee towards the floor. Keep your hips open and facing forward. Lift both arms up and look at your left hand. Hold for 3-5 deep breaths. Repeat on the opposite side.



Reverse Warrior

Sitting up tall on the front of a chair, take your left leg and move it out to the left side of the chair and point your toes to the left. Drop your right knee towards the floor. Keep your hips open and facing forward. Lift both arms up, turn your left palm up to face the ceiling. Lift your left arm up towards the ceiling. Let your right arm drop as the left arm rises. Look up at your left hand. Hold for 3-5 deep breaths. Repeat on the opposite side.



Pyramid Pose

Stand up tall behind a chair. Place your right foot back about two feet behind you. Line your feet up as if you are standing on a balance beam. Hold the chair for balance if needed. Keeping your spine long and chest out, lean forward towards your left foot as far as you can. Hold for 3-5 deep breaths. Repeat on opposite side.



Downward Dog Pose

Stand behind a chair at a distance where your fingertips touch the back of the chair with arms straight. Lean forward and hold the chair. Pushing your hips back, bring your head between your arms; not letting it hang, and push your chest towards the floor. Hold for 3-5 deep breaths.



Warrior III

Stand up tall behind a chair with your shoulders back and down. Keeping your spine long, pick your left foot up off the floor and slowly lean forward. As you lean forward, keep your left leg straight and pull your heel towards the ceiling. Hold the chair for balance if needed. Hold for 3-5 deep breaths. Repeat on opposite side.



Thread the Needle

Stand behind a chair at a distance where your fingertips touch the back of the chair with arms straight. Lean forward and hold the chair. Bring your left arm up and reach toward the ceiling while looking at your hand. Bring your left arm down and across your body, going under your right arm. Inhale as you reach up and exhale as you move across your body. Repeat for 5-8 breaths. Repeat on the opposite side.



Triangle Pose

Stand beside a chair with a wide stance. Point your feet forward. Pull your shoulders back and down. Lengthen your spine. Keeping your arms straight with palms facing forward, raise them up to shoulder height. Keep your chest facing forward and open while bringing your left hand toward your left foot, resting on a chair. Your right arm should be vertical to the floor. Hold for 3-5 deep breaths. Repeat on opposite side.



Tree Pose

Stand up tall behind a chair. Bring the bottom of your left foot to your right leg as high as you can, but not on your knee. Using the chair for support, bring one or both arms up into a 'Y' shape. Be sure to not let your hip move out to the side, but keep it in line with your shoulders. Hold for 3-5 breaths. Repeat on opposite side.

BENEFITS OF PHYSICAL ACTIVITY



Enhance overall health and well-being



Improve mood and reduce feelings of stress and anxiety



Increase energy



Improve sleep

Credits: Developed by Emily Gratopp, Photography by Vicki Jedlicka, Photography editing by Karen Wedding, Exercise poses by Kyleah Bowder



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