5Minutes4Myself: Finding Space in Your Life for Wellness
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**Exercises 1:** Answer this question: What would your best balanced day look like? What would you do from rising to bedtime?
Take 5 minutes to write down your best day & 5 minutes to talk about your day to one person at your table.

**Exercise 2:**
PART 1: The first listener will ask your partner: “If you could improve your day what would you change?” Do NOT ask questions, listen intently and be curious.

After 3 minutes when you fully understand what they want to change, ask these questions: “If you decided to change, what makes you think you can do it?” and “How would things be better if you changed?”

PART 2: This time switch roles and do the same procedures above.
Exercise 4: Write a SMART goal for yourself.

SMART Goal Setting Worksheet
SMART = Specific, Measurable, Attainable, Relevant, Time-Based

Write down your goal in the space below.

GOAL:

Use the questions below to determine if your business goal adheres to the SMART methodology. If your goal doesn’t successfully fulfill each section, rewrite it in the space provided.

Is your goal specific?
A specific goal should clearly state what you want to accomplish, why it is an important goal, and how you intend to accomplish the goal.

Is your goal measurable?
A measurable goal should include a plan with targets and milestones that you can use to make sure you’re moving in the right direction.

Is your goal attainable?
An attainable goal should be realistic and include a plan that breaks your overall goal down into smaller, manageable action steps that use the time and resources available to you within the timeline you’ve set.

Is your goal relevant?
A relevant goal should make sense when measured against your personal goals and desires.

Is your goal time-based?
A time-based goal is limited by a defined period of time and includes a specific timeline for each step of the process.
Exercise 5:
Part 1: Talk to your partner and ask the following questions:

1. Why is the SMART goal you chose important?

2. How confident are you on a scale of 0-10 that you can achieve this goal, 0=“not at all”-10=“extremely”? 

3. What have you already tried? How did that work? How would this change benefit you?

4. What’s the next step for you?

5. What would it look like for you to do this? When, where, how?

Part 2: Change roles and answer the same questions.