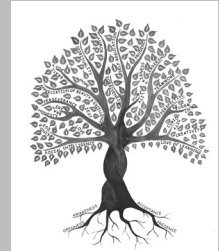


MBSB Handout 7.5

Session 7:

Goal Setting/Action Planning



Do you want to continue on this mindfulness/character strengths journey?

How will you maintain your practice?

These two questions can guide your thinking as you complete this worksheet and review Handout 7.4 (Review and Reflections). As you reflect on your journey so far, what stands out to you most? Is there any question, insight, or goal that seems to be “calling” you? What might be beneficial for you to work on in order to improve yourself? Does it relate to coming to know and express your true self better or does it relate to expressing more goodness in the world?

When you are ready to create an action plan, consider three components: An overall goal, activities you will do to reach the goal, and the character strength(s) you will use to get there. You might consider setting both a “life goal” and a mindfulness/strengths goal. A life goal might relate to your work, family, relationships, happiness, achievement, life engagement, meaning, or health. An example of each follows below:

Life Goal Example:

- Goal (what do you want?):
 - I want to become happier at work.
- Activities (how will you get there?):
 - I will share one thing about myself with a co-worker each day.
- Character strength(s) use (how will your strengths help you?):
 - I will use one of my signature strengths at work in a new way each day.
 - I will use my bravery strength to share my experiences with others.
 - I will use my perseverance to keep up with this task every day for 3 weeks.

Mindfulness Goal Example:

- Goal:
 - I want to become more mindful in my relationships at work.
- Activities:
 - I will practice the body mindfulness meditation for 30 minutes each day to help me maintain a good level of mindfulness of my internal experience.
 - Before difficult meetings at work, I will sit in my office and practice the character strengths breathing space to decompress and check-in with myself.
 - When I feel triggered or upset by others, I’ll remind myself that they too have strengths I can notice. If appropriate, I’ll practice strengths-spotting and strengths valuing in my interactions with them.
- Character strength(s) use:
 - I will use my kindness and curiosity strengths to keep motivated with the meditations and when I’m conversing with my work colleagues.

My Life Goal:

- Goal:

- Activities:

- Character strength(s) use:

My Mindfulness Goal:

- Goal:

- Activities:

- Character strength(s) use:
