

EXERCISE 5: SMALL CHANGES, BIG RESULTS

Practicing self-care doesn't have to involve a major overhaul of your life. One way to make self-care a more realistic part of your daily life is to focus on making small changes that can ultimately lead to big results. Small positive changes can become healthy habits when you practice them over time. In this exercise, we honor the value of "tweaks" that you can make in different areas of your life to help lead you to greater health and well-being over the long term. In the chart below, identify one small change you could make starting this week in each area of your life. An example is provided for each area to illustrate the types of small changes that can lead to big impacts on your quality of life.

Area of Your Life	A Small Change I Could Make Starting This Week
Your physical health	<i>Example: This week, I could start to go to bed 10 minutes earlier.</i> This week, I could: _____
Your mental/ emotional health	<i>Example: This week, I could put aside five minutes a day to pause, focus on my breath, and tune out any noise and stress.</i> This week, I could: _____
Your finances	<i>Example: This week, I could bring my lunch one day instead of eating out to save money.</i> This week, I could: _____
Your work/ career goals	<i>Example: This week, I could spend 15 minutes organizing my calendar for the next week.</i> This week, I could: _____
Your relationships	<i>Example: This week, I could send one text message to tell a friend or family member something I appreciate about them.</i> This week, I could: _____

Note: Once you've identified small steps you can take in each of these areas, draw a star next to the one or two you'd like to put into practice this week.