

Note to Self

When seeking wellness, it’s helpful to look at the big picture. All the aspects of our being – mind, body, and spirit – interact with one another and impact our well-being. But, when it comes to making lifestyle and habit changes to support wellness, small moves can be the way to go. “Micro” moves can be easier to start and stick with.

To identify useful micro moves, look for areas where you’re “out of tune.” Identify your goal, then consider one small change to start moving towards it.

Micro move criteria

- Singular
- Specific
- Sustainable
- Structured

Micro moves for common wellness factors

- **Physical activity:** _____
- **Diet and nutrition:** _____
- **Sleep:** _____
- **De-stressing:** _____
- **Connections:** _____

Other areas to consider

- | | |
|--------------------------------|----------------------------|
| Time management | Learning and growth |
| Organization and clutter | Professional development |
| Finances: spending/saving/debt | Community involvement |
| Relationships | Supporting the environment |

Micro moves for your personal wellness factors

- | | |
|----------------------|--------------------------|
| • Goal: _____ | Micro move: _____ |
| • Goal: _____ | Micro move: _____ |
| • Goal: _____ | Micro move: _____ |

Reminders

- One at a time
- Make it matter
- Watch mindset
- Reinforce
- Rework as needed