



Instructions

Daily Intentions

Try to start each day with an intention. These should encompass your interactions with people around you and give you a daily **prosocial** goal for which to strive.

You may wish to repeat your intention to work on it over multiple days or weeks.

It's common to forget at first. Remembering comes with practice!

Examples

- * I intend to exercise patience
- * I intend to be compassionate
- * I intend to practice forgiveness

At the end of the day, return to your intention and **reflect** on it- did you have any opportunities to use it? How did it affect your day or interaction?

Gratitude Practice

This practice broadens and builds the inclination to notice the positive in our lives. A few evenings each week, see if you can think of 3 moments from the past couple days that you're grateful for. Try to be specific!

Example:

Monday, 7/30, 1. Amy, when she kissed my neck this afternoon. 2. The feel of the shower on my shoulders this morning. 3. My colleague Julie when she took me out for coffee.

Weekly Self-Care Goals

See if you can think of a physical, social, mental, and spiritual goal for yourself each week.

Try to **be specific**- this will help you to stick to your goal. Goals may overlap multiple categories, but try to think of an activity for each one.

After you've completed it, you may want to return to your entry and reflect upon the experience.

You don't need to list something for every day. What matters is that you have a realistic plan that you actually like!

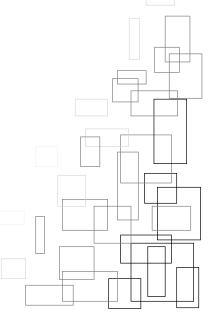
Examples

- * Physical Walk uphill: from home to 8th Avenue, Tuesday and Friday, 30 minutes, 6-6:30 am.
- * Social Farmers market for breakfast with Bill and Ann and kids, Saturday, 10-11:30 am.
- * Mental Practice clarinet, Wednesday, 8-8:30 pm.
- * Spiritual Walk on the beach, Sunday, 4-5 pm

For further insight into the benefits of these practices:

Stanford's Center for Compassion and Altruism Research and Education (ccare.stanford.edu)

UC Berkeley's Greater Good Science Center and Greater Good Magazine (ggsc.berkeley.edu) & (greatergood.berkeley.edu)



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Mental (e.g	. study Spanish, play chess, etc.)
Day:	Time:
Reflection:	
Spiritual (e.	g. meditate, yoga, etc.)
Day:	Time:
Reflection:	

Sunday Date:
Reflection:
Monday Date:
Reflection:
Tuesday Date:
Reflection:

	Gratitudes and Appreciations
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We	ednesday Date:
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Gratitude	s and Appreciations	•
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Friday Date:		
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Reflection:		
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Caturday		_
Saturday Da	te:	
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