

Well-Being Goals

Disclaimer: These are not meant to be comprehensive or prescriptive. They are examples of how to think about and assess your well-being in different areas. If you don't like how a goal is worded, find a different way to express what well-being looks like for you. Also, please add specificity to make them work for you!

Physical Well-Being

- Understands individual nutrition, sleep, and physical activity needs
- Demonstrates consistent care for these needs

Emotional Well-Being

- Identifies and manages emotions
- Tolerates stress and ambiguity
- Expresses emotions in productive ways

Spiritual Well-Being

- Understands and acts in accordance with their own values
- Engages in a continuous process of self-understanding
- Connects to a sense of purpose and meaning

Social Well-Being

- Experiences a sense of belonging and community
- Has a variety of personal relationships that are mutually rewarding
- Demonstrates competence in interpersonal communication, managing conflict, and aligning expectations.

Occupational and Financial Well-Being

- Pursues an occupation that aligns with personal goals and values (e.g. job, career, passion)
- Demonstrates the ability to manage personal finances
- Is equipped to pursue diverse funding opportunities while in grad school

Intellectual Well-Being

- Engages in academic and intellectual pursuits with increasing motivation and vision
- Engages in academic and intellectual pursuits with decreasing discouragement, imposterism, and burnout
- Is equipped to navigate their programs and advocate for themselves when necessary

Cultural Well-Being

- Understands the positionality of their own and others' social identities
- Understands issues of power and privilege at work in society
- Engages in work that moves toward greater equity and justice