

April Well-Being Activity

Challenge: Reflect, Adjust, and Progress

As we step into April, it's time to review the goals you set back in January and make any necessary adjustments to ensure continued growth and progress. This month's challenge focuses on self-reflection, adaptability, and the pursuit of meaningful goals. If you did not complete January's challenge, please reflect on where you are in your well-being journey and set a SMART goal based on something you want to accomplish.

Directions:

Reflect on Your January Goals:

- Take a moment to reflect on the goals you set for yourself at the beginning of the year. If you need a reminder of what your goal was for the January challenge, please email Mary Hermes or Andy Saul. Where did you start? What progress have you made? Celebrate your achievements and acknowledge areas where you may have encountered challenges and where you want to grow. What have you learned? What adjustments are necessary?

Adjust as Needed:

1. **Ahead of Expectations?** If you find yourself ahead of where you expected to be, consider adjusting your goal to a stretch goal that pushes you further. Embrace the opportunity to challenge yourself and reach new heights.
2. **On Track?** If you're on track with your goals, use April to continue your progress and build in checkpoints to monitor your journey. Set smaller milestones to stay motivated and ensure steady advancement.
3. **Not on Track?** If you're not where you hoped to be, it's time to reassess and adjust your goal. Aim for a balance between challenging yourself and setting realistic expectations. Your revised goal should be achievable yet challenging enough to inspire growth.

Steps to Take:

1. **Plan:** Create a plan of action for April that aligns with your adjusted goals. Break down your goals into manageable tasks and set deadlines to stay accountable.
2. **Execute:** Put your plan into action and stay focused on making meaningful progress. Use any setbacks as learning opportunities and stay adaptable in your approach.
3. **Celebrate:** Celebrate your achievements, no matter how big or small. Recognize the effort you're putting in towards your well-being and personal growth. Stay committed, stay resilient, and embrace the process of continual growth and self-improvement. You've got this!

Submit participation via the Well-Being page on the Stoughton Health Intranet with the following:

1. Reflection: Write 1-2 sentences reflecting on the progress you've made and challenges you've encountered along the way.
2. Tell us how you adjusted your goal and steps you've identified to take to help continue your progress forward.

Need Extra Support?

As an employee, you have access to a unique and valuable benefit: our **personalized health coaching program** with our Community Health and Wellness Coordinator, Andy. Our goal is to empower you to make positive changes, improve your well-being, and achieve your health goals. Scheduling a 15-minute coaching call can make a significant difference for you: (continue reading on the next page)

Personalized Support: We understand that each person's well-being journey is unique. During the coaching sessions, our health coach will take the time to listen to your specific goals, challenges, and preferences.

Guided Accountability: Andy will provide the support and accountability you need to stay on track, overcome obstacles, and celebrate achievements.

Evidence-Based Strategies: Health Coaching uses evidence-based strategies to help you develop sustainable habits and behaviors for long-term success.

To schedule your 15-minute coaching call with Andy, reach out to him at asaul@stoughtonhealth.com or EXT. 3485, or fill out the form at this link: <https://form.jotform.com/230054884647159>

We're here to support you in improving your nutrition, managing stress, increasing physical activity, and enhancing your overall well-being. Together, we can help you live your best, healthiest life.