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UNDERSTANDING THE SELF

Dream Board

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FOOD FOR THOUGHT

Our truest life is when
we are in dreams awake.

HENRY DAVID THOREAU





My Dream Board



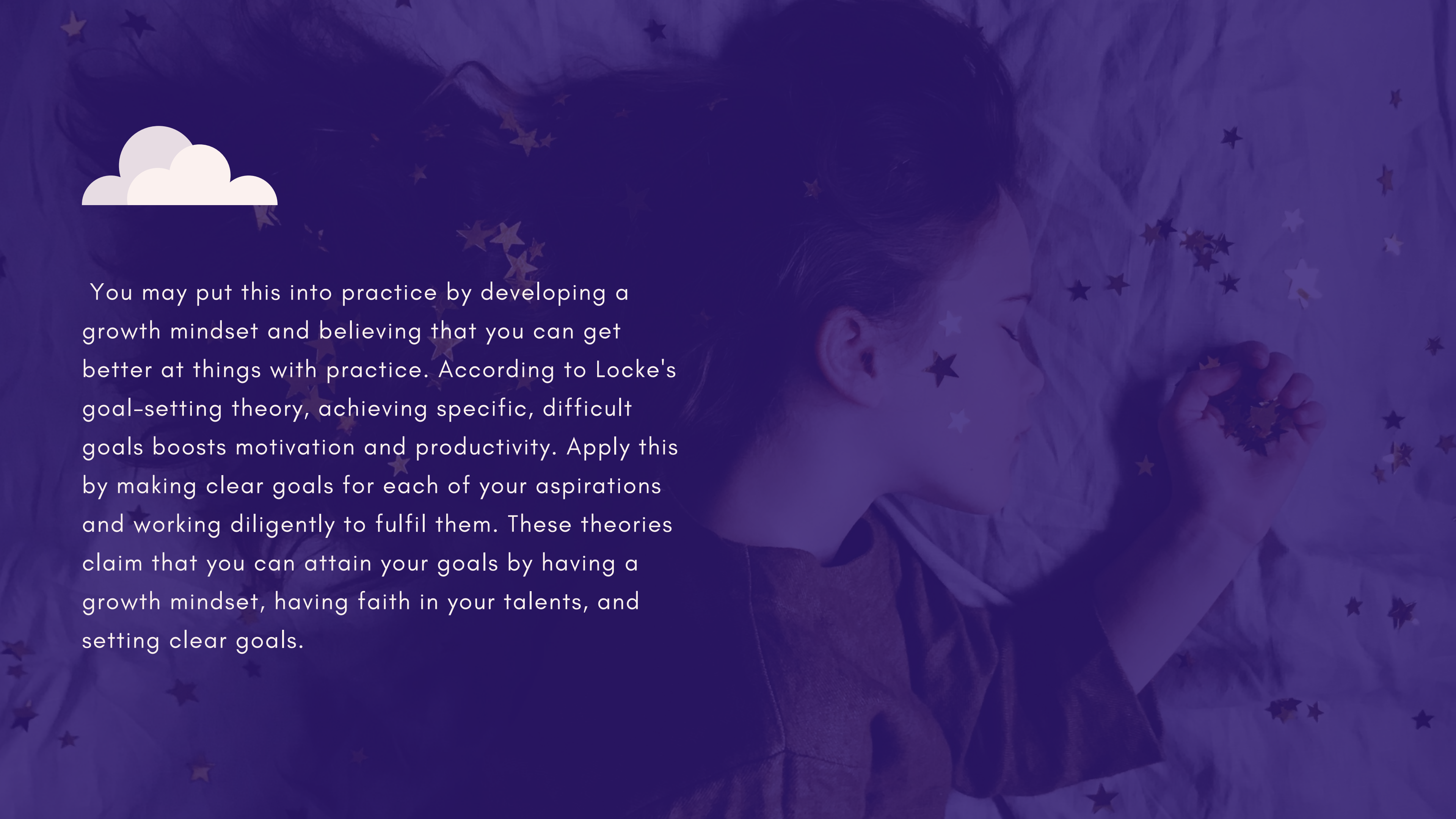
The theories of Bandura, Dweck, and Locke can be used to help you realize your goals. According to Bandura's theory of self-efficacy, it's crucial to believe that you can carry out the actions required to create a particular performance outcome. This can be used by establishing realistic goals for yourself and resolutely pursuing them.

According to Dweck's theory of mindset, people can be classified along a continuum based on their implicit beliefs about the source of ability². A "fixed" theory of intelligence is held by those who believe success is determined by innate ability, whereas "growth" or "incremental" theories of intelligence are held by those who believe success is determined by effort, learning, training, and perseverance.





You may put this into practice by developing a growth mindset and believing that you can get better at things with practice. According to Locke's goal-setting theory, achieving specific, difficult goals boosts motivation and productivity. Apply this by making clear goals for each of your aspirations and working diligently to fulfil them. These theories claim that you can attain your goals by having a growth mindset, having faith in your talents, and setting clear goals.



Presentation Outline. Self-care Plan

PHYSICAL SELF CARE

- Target: Get 7-8 hours of sleep per night.
- How to achieve: Go to bed and wake up at the same time each day, even on weekends. Create a relaxing bedtime routine. Avoid caffeine and alcohol before bed.
- Benefits: Increased energy, improved mood, better concentration, and reduced risk of illness.
- Target: Eat a healthy diet.
- How to achieve: Eat plenty of fruits, vegetables, and whole grains. Limit processed foods, sugary drinks, and unhealthy fats.
- Benefits: Improved overall health, reduced risk of chronic diseases, and increased energy levels.
- Target: Get regular exercise.
- How to achieve: Aim for at least 30 minutes of moderate-intensity exercise most days of the week. Choose activities that you enjoy and that fit into your schedule.
- Benefits: Improved physical health, reduced



Presentation Outline. Self-care Plan

EMOTIONAL SELF-CARE

- Target: Find healthy ways to manage stress.
- How to achieve: Exercise, meditate, practice yoga, spend time in nature, listen to music, or do something else that you enjoy. Talk to a trusted friend or family member about your feelings.
- Benefits: Reduced stress levels, improved mood, and better sleep.
- Target: Take time for yourself.
- How to achieve: Schedule regular time for activities that you enjoy, such as reading, taking a bath, or going for a walk. Say no to commitments that you don't have time for or that don't bring you joy.
- Benefits: Increased happiness, improved self-esteem, and reduced stress levels.



Presentation Outline. Self-care Plan

SPIRITUAL SELF-CARE

- Target: Connect with your spirituality.
- How to achieve: This could mean attending religious services, spending time in nature, or simply reflecting on your beliefs. Find what works for you and make time for it in your life.
- Benefits: Increased sense of purpose, improved mental health, and reduced stress levels.



Presentation Outline. Self-care Plan

SOCIAL SELF-CARE

- Target: Spend time with loved ones.
- How to achieve: Make time for regular social activities, such as going out to dinner with friends, spending time with family, or volunteering. Make an effort to connect with people who make you feel good.
- Benefits: Improved mood, reduced stress levels, and increased sense of belonging.



"When creating and implementing a self-care strategy, I'll be practical. Initialize with achievable, moderate goals, then gradually increase them over time. Be flexible and prepared to alter your self-care routine as required. Making self-care a habit will help you keep it up, and getting aid from loved ones, friends, or a therapist can significantly increase your odds of success."

