

Strides for a Better Quality of Life

Quality-of-Life Personal Goals



The Mindstride Team has compiled a list of some great benefits that can come from using the strategies we've shared to enhance your personal toolkit. Fill out the list below and check off which ones you have experienced so far:

Short-Term Goals

- | | |
|--|--|
| <input type="checkbox"/> ↑ level of energy | <input type="checkbox"/> ↓ stressors |
| <input type="checkbox"/> ↑ self-esteem | <input type="checkbox"/> ↓ high blood pressure |
| <input type="checkbox"/> ↑ communication | <input type="checkbox"/> ↓ anxious thoughts |
| <input type="checkbox"/> ↑ balanced meals | <input type="checkbox"/> ↓ depressive thoughts |
| <input type="checkbox"/> ↑ physical exercise | |

Medium-Term Goals

- | | |
|--|--|
| <input type="checkbox"/> ↑ quality sleep | <input type="checkbox"/> ↓ loneliness |
| <input type="checkbox"/> ↑ balance/posture | <input type="checkbox"/> ↓ pain |
| <input type="checkbox"/> ↑ quality relationships | <input type="checkbox"/> ↓ anxiety |
| <input type="checkbox"/> ↑ heart health | <input type="checkbox"/> ↓ depression |
| <input type="checkbox"/> ↑ sense of community | <input type="checkbox"/> ↓ bad cholesterol |

Long-Term Goals

- | | |
|--|---|
| <input type="checkbox"/> ↑ quality of life | <input type="checkbox"/> ↓ heart conditions |
| <input type="checkbox"/> ↑ sense of self | <input type="checkbox"/> ↓ bone conditions |
| <input type="checkbox"/> ↑ independence | <input type="checkbox"/> ↓ symptoms of mental health conditions |
| <input type="checkbox"/> ↑ years of life | |
| <input type="checkbox"/> ↑ brain health | |