

Well Being Goals in Public Defense			
SMART: Specific Measurable Attainable Relevant Timely			
ABA Wellness Dimension	Identify and Define Goal	Steps to measure and achieve goal	Timeline/date of goal
Occupational Wellness Cultivating personal satisfaction, growth, and enrichment at work. Financial stability			
Emotional Wellness Maintain the ability to identify and manage emotions to support mental health, achieve goals, and inform decision making. Seek help for mental health when needed.			
Physical Wellness Strive for regular physical activity, healthy nutrition, and sufficient sleep. Maintain preventative health care and seek help for physical health when needed. Mindful use of alcohol and addictive substances.			
Intellectual Wellness Engage in continuous learning and creative or intellectually challenging activities that foster ongoing development. Maintain cognitive wellness and strength of concentration, clarity, problem solving, memory, planning, organization, creativity and flexibility.			
Spiritual Wellness Develop a sense of meaningfulness and purpose in all aspects of life.			
Social Wellness Develop a sense of connection, belonging, and a well-developed support network. Contributing to groups and communities. Offer and receiving support, trust and connection.			

What are the barriers to achieving your goal? What are your strategies to address these barriers?

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