

DARE TO BE 2023

Experience 8 weeks of well-being

WEEK 1



THE WHOLE U
UNIVERSITY of WASHINGTON

SUSTAINABILITY

- Try Meatless Mondays.
- Air dry your clothes.
- Focus on reusable containers.

CAREER DEVELOPMENT

- Set at least 3 goals. Use [this SMART goals worksheet](#) to help.
- Review the [Workplace Competency Guide](#). Select 3-5 to grow in.
- Create a [Training Action Plan](#) that supports a competency you want to strengthen.

MINDFULNESS & COMPASSION

- Before getting out of bed, place your hands over your heart and take 5 slow breaths.
- Find 3 things around you that you normally wouldn't notice.
- Connect with the world around you. Talk about your day with a friend.

FINANCIAL

- Make a list of your financial goals for the next month, quarter, and year.
- Listen to a personal finance podcast to gain tips and different perspectives on money.
- Create or update your budget. Get started with [this video](#) from BECU.

PHYSICAL FITNESS

Visit the [2023 Fitness Page](#) for more

- Move – 2 days of 15-45 min cardio of choice (Walk, dance, run, bike, swim, wheel, fitness class)
- Build – 1 day of body weight strength
1 set of 10-25 squats, push-ups, planks, lunges & dips.
- Repair – 1 day of 10-45 min restorative movement (Stretching, desk yoga, yoga class) and at least 2 nights of 8 hours' sleep.

CONNECTION

- Understand [correct pronoun use](#) and use more inclusive language.
- Learn the [warning signs for suicide risk](#) to save lives.
- [Promote health among older adults](#) and learn more about the early signs of dementia.

NUTRITION

- Begin [a mindful eating practice](#).
- Pay attention to signs of hunger and fullness. Trust your body this week.
- Explore healthy eating goals with [the MyPlate app](#).

DO GOOD FEEL GOOD

- Connect with your community through a [volunteer opportunity](#).
- Learn more and support [foster care families in Washington](#).
- Learn more about the organizations [keeping our public lands beautiful](#) and accessible.