

## **Workshop Worksheet: Dream Big and Cherish Everyday Moments**

**Objective:** This workshop will help participants learn how to set meaningful goals, appreciate everyday moments, and implement small habits for lasting change.

### **Achieving Personal Goals:**

Set flexible and achievable goals that work for you.

Goals Setting Exercise: (6 Whys!)

List 3 goals you want to focus on:

Understanding Mini Habits:

What mini habit will you start today?

Strategies for Self-Care:

How can you incorporate self-care into your daily routine?

Family /Friend Support:

What techniques can help you engage your family/friends in supporting your goals?

Action Steps:

Identify at least 3 mini actions you can take:

### **Takeaway Summary**

- Small changes can lead to big results.
- Enjoy the present while working towards your dreams.
- Consistency is key in building new habits.

Clear, J. (2018). Atomic habits: An easy & proven way to build good habits & break bad ones. New York, New York: Avery, an imprint of Penguin Random House.

Fogg, B. J. (2019). Tiny habits: The small changes that change everything. Boston, Massachusetts: Houghton Mifflin Harcourt.

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## 30-Day CORE Transformation Journey Worksheet

Start your day right and cultivate **Connections, Optimism, Resilience, and Energy (CORE)** for a happier, healthier life!

### We are What We Do!

#### Instructions:

- Each day, record your activities and reflect on your experiences.
- Be honest with yourself and celebrate your successes, no matter how small.
- Don't be discouraged by setbacks; view them as opportunities to learn and grow.
- Remember, consistency is key. Commit to practicing at least one activity from each CORE category daily.

Day	Activity (Put a tick mark when done)
1	Finished the workshop with Dr K ✓
2	
3	
4	
5	
6	
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15	