



When we feel unmotivated, even seemingly simple tasks can seem overwhelming. Sometimes, taking the smallest step forward can give us the momentum we need to keep going. Micro goals are small, gradual steps toward a larger goal. A good micro goal is easy to implement into the routines and behaviors you do already.

Small Steps Toward Flourishing

Check out the tips below for possible micro goals on the way to flourishing, and mark those that you might try in each category.

Mental Well-Being

- Do an “emotional self-check” (recognize and label how you feel in that moment) 3 times throughout the day (e.g., 9:00am, 2:00pm and 7:00pm)
- Watch a funny video or find something to make you laugh at least once per day.
- Allow yourself at least one thing you enjoy each day.
- Take 5 minutes each day to “do nothing.” Simply let your mind wander, without distractions.

Physical Well-Being

- Create “mini workouts” and complete 1-3 times each day (e.g., 2-3 exercises, 30 seconds each, 5 minute timer)
- Commit to one healthy snack per day e.g., a piece of fruit, vegetables, etc.)
- Set reminders to stand for 5 minutes every hour
- [Cigna members](#)
- [Kaiser Permanente members](#)

Social Connections

- Do one random act of kindness each day for a week
- Make a “gratitude jar” to store moments you are grateful for, review at the end of each month
- Send one personal note, text message, voice memo, or call to a loved one or friend per day
- Learn something new about a topic you’re interested in (watch a documentary, read an article, etc.

Additional Resources

- [Omada Health](#)
- Level Up also wants you to continue to embrace mindfulness, daily. Kaiser Permanente is providing great resources on [mindfulness](#), [well-being](#) and behavioral health on [Autism Spectrum Disorder](#) — free webinars available to all employees. Register and tune in!



Thank you for your thoughtful participation and commitment to fostering a healthier workplace! Your feedback is invaluable in helping us understand your needs and improve our initiatives to support your well-being.

Wellness Engagement Survey Winners

Apple Watch

- Michael Kelly, Department of Corrections

Apple iPad

- Charmaine Clark, Department of Housing & Community Development
- Renee Wasco, Fire-EMS Department

Apple AirPods Pro

- Malik Aziz, Police Department
- Oscar Jiron-Lopez, Circuit Court

Coming Soon:



Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 351
Largo, MD 20774
LevelUp@co.pg.md.us

