**SOAP GOAL CATEGORIES**

The first section are all Health/Physical Wellbeing

The second are Emotional Wellbeing

The rest are “other”

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| **Category** | **Description** |
| Healthy Eating/Hydration | * Help clients get recommended amounts of key nutrients and healthy foods.
* Reduce  risk of chronic diseases and improve their overall health.
* Drinking enough [water](https://www.hsph.harvard.edu/news/topic/nutrition/) each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood.
* What am I eating?
* Why am I eating?
* When am I eating?
* Portions
* Meal Prep
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| Physical Activity/Exercise/Sport | * Feeling comfortable with physical appearance
* Engage in regular movement to improve flexibility, strength, aerobic, and cardiovascular health.
* Develop and cultivate leisure activities
* Sport specific training, training plans, race goals
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| Weight Management | * A healthy lifestyle includes good nutrition and adequate physical activity. If you need to gain or lose weight, consider changing your dietary pattern and physical activity level to achieve your goal.
* Achieving and maintaining a healthy weight includes [healthy eating](https://www.cdc.gov/healthyweight/healthy_eating/index.html), [physical activity](https://www.cdc.gov/healthyweight/physical_activity/index.html), [optimal sleep](https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html), and [stress reduction](https://www.cdc.gov/violenceprevention/about/copingwith-stresstips.html).
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| Sleep | * sleep plays a critical role in immune function, metabolism, memory, learning, and other vital functions
* allows body and mind to recharge, being refreshed and alert.
* Helps the body remain healthy and stave off diseases.
* Sleep hygiene
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| Tobacco Cessation | * is one of the most important actions people can take to improve their health and those around them. This is true regardless of their age or how long they have been smoking.
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| Preventive Care | * Helps detect or prevent serious diseases and medical problems before they can become major.
* Annual check-ups, immunizations, and flu shots, as well as certain tests and screenings, are a few examples of preventive care.
* Setting an appt with primary care physician
* Dentist
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| Health Condition/Chronic Pain  | * Increase self-management of a health condition/chronic pain that might limit life or work activities.
* physical or mental illness, injury, impairment, or condition
* Chronic conditions might increase the risk of mental illness
* Managing conditions such as diabetes, hypertension
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| Stress Management | * Mindfulness
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| Burnout Prevention | * Ways to prevent emotional, mental, physical exhaustion brought on by prolonged or repeated stress.
* Can be brought on by parenting, work, caretaking, relationships.
* Self-care
* Seeking support
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| Work-Life Balance | * Understand the relationship between career choice and other parts of life such as  family, spouse/partner, leisure activities, friends.
* Values
* Priorities
* Time Management
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| Strengthen Mental/Emotional Fitness | * Cope with emotional challenges in life.
* Become more aware of personal feelings and accept them as valid indicators of what your client is  experiencing.
* Emotional, psychological, and social well-being.
* It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.
* Mental health is important at every stage of life, from childhood and adolescence through adulthood.
* Mental Toughness
* Growth Mindset
* Emotional regulation (naming emotions, responding rather than reacting)
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| Personal Growth/Life transitions | * self-improvement of skills, knowledge, personal qualities, life goals and outlook.
* Engaging in creative and mentally-stimulating activities can develop client’s knowledge and skills.
* Change or adjustment that impacts your life in a significant way.
* Maneuvering through life transitions like; family, empty nest, taking care of parents, retirement, career change.
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| Professional Development | * Career satisfaction and enrichment, consistent with values, goals and lifestyle.
* Increase client's awareness of the wide variety of career opportunities available
* improving oneself through learning and training to advance your career.
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| Relational/Social Wellbeing | * Maintaining healthy relationships, caring for others.
* Can help develop a sense of community, belonging and support
* How we relate, connect, communicate and get along with others.
* Hobbies, volunteer, interest groups, family, friends
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| Spiritual Wellbeing | * Discovering a sense of meaning and purpose.
* Harmony and balance by openly exploring the depth of human purpose, meaning and connection through dialogue and self-reflection.
* It can include our connection to culture, community, spirituality and/or religiosity and includes the beliefs, values, mental models and ethics we hold.
* Meditation, religion, faith
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| Financial Wellbeing | * Having financial security and financial freedom of choice, in the present and in the future.
* Becoming fully aware of your financial state and budgets, saves and manages finances in order to achieve realistic goals.
* Learning how to gain control of finances.
* Setting and making progress toward short- and long-term goals.
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