

3 STEP

journey toward
holistic well-being in

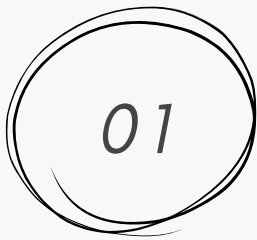
academia

AN ACADEMIC'S GUIDE TO

FLOURISHING

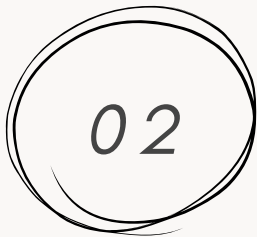
BY SAMANTHA M HARDEN PHD, 500 RYT

three step JOURNEY



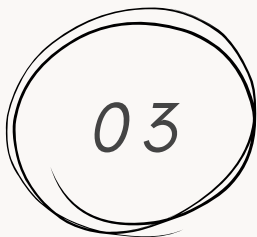
STEP ONE

IDENTIFY YOUR TOP 3 VALUES USING ANY VALUES ASSESSMENT. TO GET STARTED, WE RECOMMEND THE ONE ON THE FOLLOWING PAGE.



STEP TWO

IDENTIFY LIMITING BELIEFS ABOUT YOUR SCHOLARLY PRODUCTIVITY AND/OR CONTRIBUTIONS. TRACE THE NARRATIVE OF WHERE THAT LIMITING BELIEF STARTED; REPROGRAM IT TO NOURISH YOUR STRENGTHS.



STEP THREE

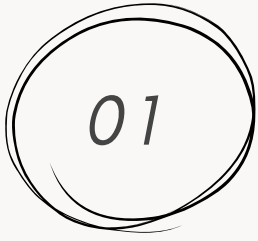
DEVELOP AN INCREMENTAL AND FEASIBLE PLAN TO DELETE, DEFER, DELEGATE PROJECTS OR ACTIVITIES THAT DON'T SERVE YOU.



BONUS

TUNE IN TO HIGHER VIBRATIONS IN HIGHER EDUCATION FOR INTERVIEWS, MEDITATIONS, MUSINGS.

Disclaimer: This work is for educational purposes only. Please seek additional mental and/or physical health expertise if any of these practices seem to be superficial or disregard a deeper wound, injury, illness, or need. This worksheet won't give solutions, but it may give strategies for you to unearth your own.



values

ASSESSMENT

How it works: There are 23 values listed*, with an optional "fill in the blank." If you use the fill in the blank, cross off one of the other options. Set a timer for 2 minutes, and cross out 12 of the values to identify your top 12 values.

Take a deep breath in and out. Select a new cross pattern or new color. Set a 2 minute timer, and cross off 6 more values. The remaining are your top 6 values.

Breathe in and out for a 4-count. If you like, place your hands on your heart and settle in as you breathe in and out 3 more times. Slowly. Set a timer for 2 minutes and select your final 3 tiles.

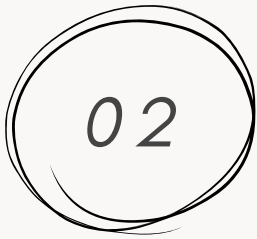
Community	Power	Safety	Comfort
Freedom	Adventure	Generosity	Integrity
Loyalty	Family	Play	Education
Spirituality	Excellence	Respect	Creativity
Influence	Order	Popularity	Beauty
Relationships	Wealth	Balance	

WHAT ARE MY TOP THREE VALUES?

value

value

value



limiting BELIEFS

WHEN I AM SPEAKING NEGATIVELY ABOUT MY ACCOMPLISHMENTS, SKILLS, OR PRODUCTS OF MY LAB, WHAT DO I MOST OFTEN SAY?

WHAT MESSAGING DID I RECEIVE ABOUT MY INTELLIGENCE OR PRODUCTIVITY ...

... AS A CHILD

... AS A STUDENT

... IN MY CURRENT STAGE

WHAT IN THESE NARRATIVES NO LONGER SERVES ME? WHAT DOES?

AFTER REFLECTING ON THE ABOVE (& PERHAPS A MOVEMENT AND/OR BREATHING BREAK)... WHAT IS THE NEW NARRATIVE YOU WANT TO NOURISH?

nourish to 

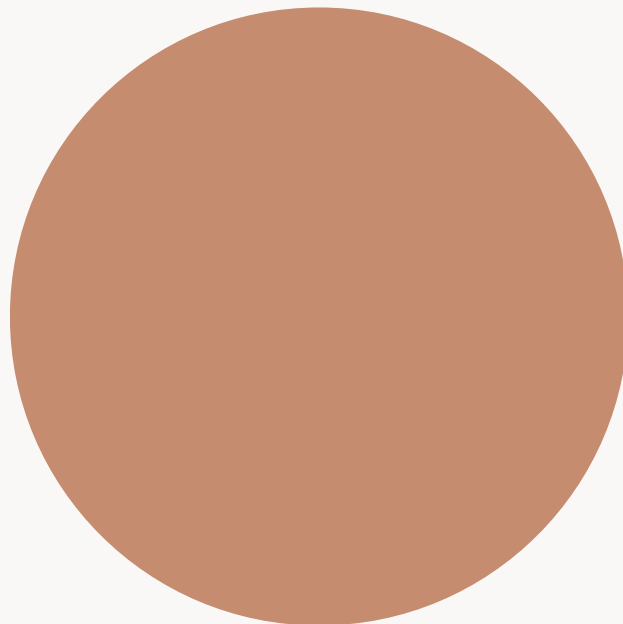
FLOURISH

Burnout and stress impact our daily lives including our physical, mental, social, and spiritual health. Flourishing is holistic wellbeing that includes 6 domains: (i) happiness and life satisfaction; (ii) health, both mental and physical; (iii) meaning and purpose; (iv) character and virtue; and (v) close social relationships; (vi) financial and material stability. These domains have existed to describe human health for millenia.

WHAT IS YOUR PERSONAL DEFINITION OF FLOURISHING?

HOW DO YOU KNOW WHEN YOU'RE FLOURISHING?

Inside the circle, write out what qualities, features, or characteristics you want in your life, and put the things you do not want outside of the circle.



CREATE YOUR PERSONAL MANTRA THAT ALIGNS WITH ALL OF YOUR VALUES, STRENGTHS, AND SKILLS

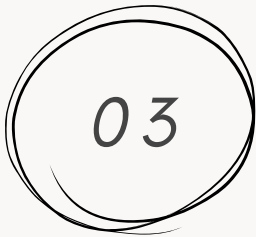


WHAT ARE SOME SUPPORTS I NEED FROM MY TEAM, MY UNIVERSITY, AND MY SOCIAL NETWORK TO INCREASE FLOURISHING?

MY TEAM

MY UNIVERSITY

MY PERSONAL SOCIAL NETWORK



goal SETTING

AFTER COMPLETING THE ABOVE ACTIVITIES, WHAT IS YOUR NEW GOAL FOR FLOURISHING IN ACADEMIA? REMEMBER TO LINK TO YOUR VALUES, MANTRAS, NEW NARRATIVES, AND EXISTING SUPPORT STRUCTURES.

GOAL: SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, TIME-BOUND

SELF MONITORING- HOW WILL YOU KEEP YOURSELF ON TRACK?

REFLECTION- SET A DATE TO CHECK IN. REFLECT AND REVISE AS NEEDED

DATE

WHAT HAVE I LEARNED FROM THIS PROCESS?

about SAMMA



Samantha M. Harden, PhD, is the Director of the Physical Activity Research and Community Implementation (PARCI) Laboratory within the Department of Human Nutrition, Foods, and Exercise at Virginia Tech. She is also a 500-hour registered yoga teacher and the state specialist for physical activity promotion within Virginia Cooperative Extension. She has 12 years of experience leading and participating in research-practice partnerships for healthy lifestyle interventions across various populations for chronic disease prevention and management at the individual and systems levels. Her expertise in the RE-AIM (reach, effectiveness, adoption, implementation, maintenance) framework includes developing, implementing, and evaluating programs through this framework and consulting investigators on applying RE-AIM. In total, her projects have brought in over \$29 million in grants, and she has published over 100 peer-reviewed journal articles in just one decade in academia.

Her relentless pursuit of perfectionism made her successful, but perhaps less healthful. Yoga practices of mindfulness, breath work, and movement changed the course of her life. These three components are known as the yoga kernels for public health. Yoga can promote flourishing (personal, professional, and communal well-being) and longevity (healthy aging). All our individual-level health behaviors, however, are couched within the community-- our workplace is a community in which we spend a lot of time. Samantha aims to share the science, philosophy and practice of these multi-level approaches to health and wellness so that together, we can flourish



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*Values list adapted from Joy of Missing Out (JOMO) movement at Virginia Tech

** With gratitude cor PARCI lab members, especially PhD scholar, M.C. Frazier

thank you



please keep in touch

