

**FNDN102 | 4-Week Flourishing Plan Proposal**

**GENERAL REQUIREMENTS** For the most part, the requirements for each of the following options are outlined in the related Personal Application Assignments in Moodle. *Take careful note that in some cases the expectations are slightly different below.* *Read carefully*. Your assignment should meet all standard formatting requirements, including a title page.

**PLEASE NOTE:** You will need to copy and paste this document along with your 4-week activity log in the Final Portfolio for self-evaluation.

**Your Three-page plan *must include (in addition to a standard title page)*:**

**Page 1**

*Create a* ***new paragraph*** *of approximately equal length for each response (three paragraphs).*

* What is the *primary behaviour* you want to change or enhance? Explain your reason for choosing your selected practice and desired outcomes for the 4-week plan
* Habit construction - record the following
  + **Routine:** What is the behaviour you want to form (include time, duration, intensity as appropriate)
  + **Lower the Barriers:** How will you make compliance to the practice easier or lessen the challenges of completing the practice?
  + **Associations to already habituated behaviours**: How will you tie this new practice to other behaviours that are stable in your routine?

**Cue:** What will you use to remind you to practice this behaviour? (e.g. phone reminder, notes on the mirror)

* + **Reward:** What will be the positive incentive (could be desired outcome) you provide?
* Assessment: Include details about how you will assess or measure the degree to which you achieved your outcomes (think SMART goals) at the end of your 4-week practice. Consider what progression of measurable achievements might be involved in achieving your goals (e.g. WEEK 1: 75 minutes of moderate cardio / WEEK 2: 90 minutes of moderate cardio / WEEK 3: 120 minutes of moderate cardio / WEEK 4 . . . )

**Page 2**

*Create a* ***new paragraph*** *of approximately equal length (1/2 pg) for each summary (two paragraphs)*

* Find two sources that address the practice you are going to follow in your 4-week flourishing plan. Peer-reviewed journal articles or books are best. If you want to confirm a source will be considered valid please check in advance with your instructors.
* Summarize the main points of the article (no long quotes) and highlight the insights it can offer your plan and practice in terms of identifying potential outcomes, patterns of practice, conditions for practice, etc.

Format:

* + Source 1 Summary (half a page). Do NOT include your full reference details in this section (in body-text citations only).
  + Source 2 Summary (half a page). Do NOT include your full reference details in this section (in body-text citations only).
  + Be sure to cite your sources properly and include a reference list (using APA formatting guidelines)

**Page 3**

- Sample log sheet you will use to record your data collected from your practice. Design a log sheet that records the important components of the practise. ***(see the PAA log sheets for examples in your chosen practisce****)*  Also include comments on your psychological/spiritual state prior, during or following the practise.

**CHOOSE ONE OF THE FOLLOWING OPTIONS for your plan**

**Option 1: Personal Fitness/Physical Activity**

Create a fitness/physical activity plan designed to help you achieve your health and/or fitness goal(s). Each time you exercise or do physical activity, record details on what you did in your plan log. Here are details to record for the different categories of fitness and physical activities that might be in your plan.

**Each week should total 150 minutes of moderate exercise or 75 minutes of vigorous exercise.**

*Some tips on what to record or pay attention to, depending on the activities you choose:*

* **Sports, recreation, manual labour or other forms of physical activity:** record what you did, how long you did it for and average Rate of Perceived Exertion (RPE) e.g.,1-10 self-rating of how hard you were working)
* **Cardio:** mode (e.g. running, cycling), method (e.g. continuous, interval), time, and heart rate or RPE (1-10 self-rating of how hard you were working)
* **Corrective exercise**: this will depend on what category the exercise falls in
  + **Mobility:** muscle(s) stretching, type of stretch (e.g. dynamic or static). Include reps (if dynamic) or hold time (if static)
  + **Resistance exercises:** (see resistance training below for what details to include)
  + **Include any lifestyle modifications:** (e.g. remembering to sit up straight in class, use a standing desk, hold phone up to eye height, squeeze glutes when standing, etc.)
* **Resistance training:** record exercise name, sets, reps, weight used (unless doing body weight – in that case include any important notes on body position or range of motion that you are using for progression.
* **Fitness classes:** list the class name, class length, provide a brief description of the class workout, and list your average RPE (1-10 self-rating of how hard you were working)
* **Record any other notes on how your session went:** (e.g. “felt tired today”, “shoulder doesn’t like that exercise”, “set a PR – personal record!”)

**Option 2: Nutrition Program**

Choose one change you would like to make in your nutrition journey. This could be a adding a food choice or limiting a food choice. This could be changing your schedule of eating. We recommend making a single change however if you want to make more than one that is up to you. Track these changes in a weekly compliance chart, see below. Also track habit patterns that are important to you that you want to maintain or solidify.

**At the start of each week, create a compliance chart (see below). You can copy and paste this into your final portfolio template in addition to keeping a daily nutrition log as part of the Plan Log for each week.** This plan should include important habits to maintain/improve upon as well as a new habit to adopt for that week. Each day, put a YES in the box if you did it, and a NO if you did not do it. *See the sample compliance chart below as an example.*

**Compliance Chart: Week# \_\_\_\_\_\_, Dates \_\_\_\_\_\_**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **New Habit to Adopt** | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  |  |  |  |
| **Important Habits to Maintain/Improve** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Sample Compliance Chart**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **New Habit to Adopt** | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| Eat breakfast | Yes | No | Yes | No | Yes | Yes | Yes |
| **Important Habits to Maintain/Improve** |  |  |  |  |  |  |  |
| Drink my water bottle | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Eat veggies with dinner | No | Yes | Yes | Yes | Yes | No | Yes |
| Snack: fruit instead of chips | No | Yes | Yes | Yes | Yes | Yes | No |

At the end of each week, reflect on how your week went, assess your completed compliance chart and decide your habits for the next week. They might be to keep working on the same compliance chart, add a new habit or make it easier (if you struggled with compliance).

**Option 3: Super Sleeper**

This plan starts with examining your lifestyle and schedule to see what you can do to create more time for sleep. In your plan, include the strategies you use to increase sleep quantity. The next step is investigating effective strategies for improving sleep quality and implementing them into your 4-week plan overview. For your daily sleep log, list what you did that day to enhance sleep quantity and quality. In addition, be sure to include the items you tracked for in your leisure assignment which include: bed time, wake time, sleep quality (1-10 scale), number of sleep interruptions, mood the following day (1-10 scale), and any relevant nutrition details (e.g. water intake, caffeine or alcohol, last meal of the day and how that impacted your sleep quality).

**Option 4: Gratitude/Three blessings**

This plan is for those who want to develop the practice of looking for blessings and being thankful. It also allows you to practice expressing gratitude to others. For this plan, keep a gratitude journal as per the guidelines in the Gratitude Journal Personal Application Assignment.

Alternatively, you could practice what Martin Seligman, in his book *Flourish*, has referred to as The Three Blessings exercise: At the end of each day write down three things that went well and why they went well. They don’t have to be dramatic. This involves two steps:

1. List what you are grateful for: “My roommate cleaned up the bathroom today.
2. Explain why this is significant: “Because she has had to live with a variety of people in her life and knows how important it is to respect another person’s space.”

This process can help you move your gratitude to a new level, in that is not just about you, but extends your appreciation to the factors that have made possible what you are grateful for.

**Option 5: Acts of Kindness & Service**

This plan focuses on loving others, developing a servant’s heart and learning to be more selfless. There are two components to this plan. The ***first*** is looking for opportunities **each day** to show acts of kindness, by that we mean acts which for you have no monetary or socio-economic benefit (e.g. don’t do acts of kindness in hopes of getting a better tip). Get in the habit of practicing random acts of kindness and each day journal your experiences. The ***second*** is service. Find an opportunity and make a commitment to *regular weekly service* (at least once a week) in your community or for a cause you believe in. Get creative. Try to find an opportunity to serve in a way that meets a need and connects with your passions and gifting. At the end of each day of your 4-week plan, write a journal entry in your plan log describing your random acts of kindness you did that day as well as any pre-planned service. In your journal entry, note what you are learning and how your acts of kindness and service are impacting you.

**Option 6: Growing and Using Strengths Finder Strengths**

**STEP1:** Identify and record your strengths. If you have not already done so, begin by reviewing your strengths from the Strengths Finder assessment you did in FNDN 101 or use this link: [www.high5test.com](http://www.high5test.com) (you will need to set up an account). After identifying your strengths comment on how well you think the assessment represents you as part of your introductory paragraph on the first page.

**STEP 2:** Create a plan that helps you develop your strengths even more:

A) Research books, articles, blogs, videos and/or podcasts that will help you learn more about your strengths and how to develop them.

B) The second part involves action. Plan ways to use and practice your strengths in daily life. At the end of each day of your 4-week plan, write a journal entry in your plan log describing what you did that day to grow and use your strengths. Note how your strengths are growing as you move through your plan.

**Option 7: Spiritual Growth**

For this plan, select activities/practices to help you grow spiritually. These can include practices like prayer, scripture reading, meditation, artistic expression, receiving spiritual direction, retreats, worship, a prayer journal, reading books on spiritual growth, memorizing scripture, etc. You will need to outline time spent per day, preferably time of day, objectives, etc. You can also use the practices learned from the spirituality/contemplative lab or other practices. Each day in your plan log, record details on what you did to grow spiritually. Limit your plan to include one, at most two, practices for the three weeks and you should spend a minimum of 15 mins / day (for six days/week) or 1.5 hrs / week in total.

**NOTE: The objective here is to explore new practices.** You will need to give considerable thought in this area to measurability (we will discuss in class).

**Option 8: Mindfulness Practice**

Start by identifying the areas of your life in which you want to develop mindfulness and explain why in your description. Use the guidelines in the Mindfulness Personal Application Assignment to help you begin framing your plan. At the end of each day of your 4-week plan, write a journal entry in your plan log explaining how you practiced mindfulness that day and how those experiences influenced you.

**Option 9: Aesthetic Appreciation**

*Pick one of the following two options:*

***A. Flourishing Portfolio***

Cultivate your awareness and appreciation for the aesthetic elements in your life by creating a portfolio that is unique to your aesthetic interests, experiences, and goals *related to flourishing*. Your portfolio may be presented in one or more of several media: a video, song, poem, story, painting, drawing, collage, sculpture, play, monologue, mixed media piece, choreographed dance, etc. **Please discuss your chosen medium with your instructor(s) first**. Spend a total of at least 120-150 minutes on your portfolio each week of your flourishing plan. The subject of your portfolio will be the overarching theme of this course (i.e., human flourishing) and its main question (i.e. what is the good life for me?). Feel free to interpret the content personally, reflecting on *your* beliefs, values, and practices. You might even wish to chronicle your journey from the beginning of the course to now, indicating any shifts in your understanding and habits. Include a one-page artist’s statement which explains the content of your piece (the message you want to convey) and why you chose to represent it in this way. Remember you will be submitting your journals and statements in your final portfolio.

***B. Aesthetic Awareness Journal***

Identify areas of your life in which you want to develop aesthetic appreciation and explain why in your description. This may include paying attention to aesthetics in everyday life (architecture, music, nature, writing, etc.). Incorporate at least four of the activities in the Aesthetic Appreciation Personal Application Assignment, either by participating or by being an observer (or both!). For three days each week of your 4-week plan, write at least a one-page journal entry explaining how you practiced aesthetic appreciation that day and reflect on how those experiences influenced you.

**Option 10. Other**

If there is another flourishing practice that you would prefer to do instead of the ones listed here, please discuss this with your professors. ***You must get their permission to do something else BEFORE you begin and provide a detailed plan of how you will realize your goals.***

**Flourishing Plan Log**

In the template, you will see four weekly plan log sheets. For each day of the week, record what you did to implement your plan. See the plan options above for what you should include for your chosen option. This does not have to be long, but it should be detailed. This should be written in full sentences, not bullet points.

**NOTE** You will also be marked on formatting in your log entries. Please be sure to delete unnecessary lines and don’t let this table bleed onto the following page (split your table if needed). You are welcome to modify the log charts slightly if that is helpful for your 4-week log.

*You will need instructor approval of your activity log format. If you submit the assignment early or late, you must notify your instructors by email immediately.*

**APA Reference examples**

Bacon, Francis. (1625). Of studies. In *The essays, or, Counsels civil and moral of Francis Bacon.*

London: George Routledge and Sons, 1884. Electronic reproduction. New York, N.Y.: Columbia University Libraries, 2010.

Seligman, Martin. (2011) *Flourish*. New York, N.Y.: Atria Paperback.

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USE THE LOG TEMPLATE BELOW TO RECORD YOUR ACTIVITIES

You may need to modify this template to match the more precise requirements of the option you choose (see above). Remember to design a log sheet that records the important components of the practise. Also include comments on your psychological/spiritual state prior, during or following the practise. Keep in mind that you will copy and paste your journal / log entries in the Final Portfolio, so only include comments that you are willing to share with your instructor.

**Week 1: dates???**

|  |  |  |
| --- | --- | --- |
| **Day** | ***Details*** | ***Comments*** |
| **Sunday** |  |  |
| **Monday** |  |  |
| **Tuesday** |  |  |
| **Wednesday** |  |  |
| **Thursday** |  |  |
| **Friday** |  |  |
| **Saturday** |  |  |

|  |  |  |
| --- | --- | --- |
| **FNDN102/4-week proposal/marking rubric** |  |  |
|  |  |  |
| **Professionalism / Formatting** |  |  |
| /2.5: title page (complete APA, including running head) | 2.5 | 2.5 |
| /2.5: grammar/spelling/sentence structure font/line-spacing (meet syllabus criteria?) | 2.5 | 2.5 |
| Sub-total | **5** | **5** |
| **Plan** |  |  |
| /5: details of the type of practice and why | 5 | 5 |
| /5: details on duration, frequency and intensity of practice | 5 | 5 |
| /5: cues, rewards | 5 | 5 |
| /5: desired outcomes clearly identified, measurable and relevant | 5 | 5 |
| Sub-total | **20** | **20** |
| **Resources** |  |  |
| /5: **Journal** articles or books? (2.5 pts each / max 2.5 pts if not journal articles or books) full references | 5 | 5 |
| /5: Quality of summary – 2-very brief/3-meets basic requirement/4-good, comprehensive summary/5-concise, articulate, flawless writing | 7.5 | 7.5 |
| /5: Quality of summary – /5: Quality of summary – 2-very brief/3-meets basic requirement/4-good, comprehensive summary/5-concise, articulate, flawless writing | 7.5 | 7.5 |
| Sub-total | **20** | **20** |
| **Log Sheet** |  |  |
| /1 weekly or daily sheet | 1 | 1 |
| /4 items included in the log sheet appropriate to the options | 4 | 4 |
| Sub-total | **5** | **5** |
| Total | **50** | **50** |
| **COMMENTS** |  |  |