

 **headspace**  
**2025 GNU**  
**Head Space**  
**Snowboard**



# Headspace 2025 GNU Head Space Snowboard User Manual

[Home](#) » [headspace](#) » Headspace 2025 GNU Head Space Snowboard User Manual 

## Contents

- [1 Headspace 2025 GNU Head Space Snowboard](#)
- [2 Product Usage Instructions](#)
- [3 FAQs](#)
- [4 How to register for Headspace](#)
- [5 Steps for Setting Impactful Goals](#)
- [6 Connection Exercise](#)
- [7 Goal-Setting Guide](#)
- [8 Documents / Resources](#)
  - [8.1 References](#)
- [9 Related Posts](#)



**Headspace 2025 GNU Head Space Snowboard**



## Product Usage Instructions

### Steps for Setting Impactful Goals:

- **Reflect on your current state:**
  - Start by checking in with yourself physically and mentally. Consider stress levels, energy, and sleep quality. Use a Body Scan meditation for introspection.
- **Connect to your values:**
  - Reflect on your core values to align goals with what's important to you.
- **Keep it simple and achievable:**
  - Set realistic goals that challenge you to grow. Focus on one or two actions at a time for lasting habits.
- **Plan for obstacles:**
  - Anticipate challenges and prepare tools, support, or habits to overcome them.
- **Get support:**
  - Stay motivated by seeking support from friends, and family, or using tools like the Headspace app for progress tracking.

### Connection Exercise:

Before using the workbook, take time for a mindfulness exercise or guided meditation to clear your mind and

focus.

## Reflection Questions:

Enhance your goal-setting process by answering thoughtful questions to ensure your goals are meaningful and aligned with your well-being.

## FAQs

- **How do I access additional content related to goal-setting?**
  - To access additional content, login or enroll in your Headspace benefit.

## How to register for Headspace

Full-time and part-time Associates have access to Headspace at no cost. To register, log in to [compassgroup.bswift.com](https://compassgroup.bswift.com) and click “Headspace” to get started.



Setting health goals that truly matter to you — not just the ones you feel you “should” set — can lead to positive changes in both your physical and mental well-being. When your goals align with your values, it’s easier to stay motivated and follow through, even when challenges come up. Your habits and positive steps become more than just things to check off a list; they become real commitments to yourself and the life you want. We’ve created this guide to help you set goals that align with your values, support your physical and mental health, and guide you toward lasting, positive change.

## This guide includes:

- **Steps for Setting Impactful Goals**
  - Practical guidance on how to create meaningful, actionable goals. 3
- **Connection Exercise 4**
  - A mindfulness exercise to help you ground yourself and align your goals with your values.
- **Reflection Questions 5**
  - Prompts to help you think through where you are now and identify areas of growth.
- **Goal-Setting Guide**
  - A space to define clear, actionable, health-related goals for the year and track your progress.

## Steps for Setting Impactful Goals

Setting goals is more than just jotting down what you want to achieve — it’s about connecting with your values, creating a plan, and preparing for the bumps along the way.

- **Reflect on your current state**

- Start by checking in with yourself, both physically and mentally. Where do you feel balanced and strong? Where could you use more attention? Consider things like stress levels, energy, and sleep quality. A quick Body Scan meditation can help you tune in and notice what's going on beneath the surface.

- **Connect to your values**

- Take time to reflect on your core values (we've provided a quick, helpful exercise to do this in the next section). When your goals reflect what's important to you, and align with what matters most, they become easier to commit to.

- **Keep it simple and achievable**

- Big changes happen through small, consistent steps. Set goals that are realistic but still challenge you to grow. By focusing on one or two meaningful actions at a time, you'll be able to build lasting habits without feeling overwhelmed.

- **Plan for obstacles**

- Challenges are inevitable, but planning for them can help you stay on track. Think about potential obstacles that could come up and what tools, support, or habits will help you overcome them. Maybe it's making time for self care, being flexible with your approach when life gets hectic, or watching a Headspace video on Handling Setbacks.

- **Get support**

- Think about what will keep you motivated and consistent throughout the year. Whether you check in with a friend or family member or use the Headspace app to track your daily mindfulness practice, having a way to reflect and measure your progress can make a big difference.

## **More Resources:**

- **Video:**

- [Setting Goals](#)

- **Video:**

- [A Non-Striving Approach](#)

- **Expert Guidance:**

- [The Science Behind Motivation](#)

To access additional content login or enroll in your Headspace benefit.

## **Connection Exercise**

Before diving into this workbook, take a few moments to pause and connect with yourself. A short mindfulness exercise or guided meditation can help you clear your mind and focus on what truly matters.

- **If you have 2 minutes...**

- [Meditation: Breathe](#)

- **If you have 6 minutes...**

- [Meditation: Time for Me](#)

- **If you have 10 minutes...**

- [Connecting Mind and Body](#)

## Reflection Questions

Kick off your goal-setting process by answering a few thoughtful questions. Reflecting on your current state and values will ensure your goals are meaningful and aligned with your well-being.

- **How have I felt physically and mentally over the past few weeks?**

- Take stock of your current state to understand what areas you'd like to focus on.

- **What are my deepest held values?**

- Choose three to five values that resonate most with you. These will guide your goals and keep you grounded in what truly matters. Here's a list to help inspire you, plus spaces to fill in your own:
- Personal growth
- Balance
- Connection
- Gratitude
- Being there for my
  - family and friends
- Creativity
- Courage
- Patience
- Spirituality
- Honesty
- Adventure
- Compassion
- Rest and relaxation
- Joy
- Learning & Knowledge
- Resilience
- Presence
- Purpose
- Sustainability
- Consistency
- Kindness
- Fun
- Community
- Service to others

- **What changes do I want to see by the end of this year?**

- Based on how you're feeling now and the values you want to stay true to, jot down the specific areas of your physical and mental health you'd like to improve.

- **How will I feel once I've made these changes?**

- Take a moment to close your eyes and visualize what your life looks and feels like once you've made progress on your goals. How do you feel? Jot down a few notes about how your future self may feel and the positive impact these changes will have on your life.

- **What is holding me back right now?**

- Identify any barriers – whether external circumstances or internal habits – that may be preventing you

from making progress. What can you do to let go of these obstacles?

## Goal-Setting Guide

Now that you've reflected on your values, it's time to set a few health-related goals for the year. (We recommend picking just one or two to start.) Keep them simple, clear, and actionable, and remember to revisit these goals throughout the year to make adjustments as needed and track your progress.

Sample Goal	Improve my sleep
Target timeline	Get 8 hours of sleep at least 5 days per week by the end of the month
Steps to achieve it	<ul style="list-style-type: none"><li>• Put screens away one hour before bed</li><li>• Listen to a Headspace sleepcast or calming music to wind down</li><li>• Talk to my doctor about my sleep patterns</li></ul>
How achieving this goal will make me feel	<ul style="list-style-type: none"><li>• Rested and refreshed in the morning</li><li>• Focused at work</li><li>• Calmer and more present with my family</li></ul>
How I plan to track and stay accountable	<ul style="list-style-type: none"><li>• Track my sleep quality daily</li><li>• Set an alarm to remind me to turn off my digital devices</li></ul>


Goal #1	Goal #2	Goal #3																								
<table><tr><td>Target timeline</td><td></td></tr><tr><td>Steps to achieve it</td><td></td></tr><tr><td>How achieving this goal will make me feel</td><td></td></tr><tr><td>How I plan to track and stay accountable</td><td></td></tr></table>	Target timeline		Steps to achieve it		How achieving this goal will make me feel		How I plan to track and stay accountable		<table><tr><td>Target timeline</td><td></td></tr><tr><td>Steps to achieve it</td><td></td></tr><tr><td>How achieving this goal will make me feel</td><td></td></tr><tr><td>How I plan to track and stay accountable</td><td></td></tr></table>	Target timeline		Steps to achieve it		How achieving this goal will make me feel		How I plan to track and stay accountable		<table><tr><td>Target timeline</td><td></td></tr><tr><td>Steps to achieve it</td><td></td></tr><tr><td>How achieving this goal will make me feel</td><td>AS</td></tr><tr><td>How I plan to track and stay accountable</td><td></td></tr></table>	Target timeline		Steps to achieve it		How achieving this goal will make me feel	AS	How I plan to track and stay accountable	
Target timeline																										
Steps to achieve it																										
How achieving this goal will make me feel																										
How I plan to track and stay accountable																										
Target timeline																										
Steps to achieve it																										
How achieving this goal will make me feel																										
How I plan to track and stay accountable																										
Target timeline																										
Steps to achieve it																										
How achieving this goal will make me feel	AS																									
How I plan to track and stay accountable																										

### More Resources:




- **Mindful Activity:**
  - [What Are Your Small Steps?](#)
- **Video:**
  - [Creating Lasting Habits](#)
- **Meditation:**
  - [Be Patient With Your Progress](#)

To access additional content login or enroll in your Headspace benefit.

## Documents / Resources

 The image shows the cover of a 'Goal-Setting Guide' by Headspace. It features an orange background with a white silhouette of a person climbing a pink staircase. The text on the cover includes the Headspace logo, 'Goal-Setting Guide', and 'A toolkit to support your physical and mental health'.	<p><a href="#">Headspace 2025 GNU Head Space Snowboard</a> [pdf] User Manual</p> <p>2025, 2025 GNU Head Space Snowboard, 2025, GNU Head Space Snowboard, Space Snowboard, Snowboard</p>
--	---

## References

-  [Headspace](#)
-  [Headspace](#)
-  [Headspace](#)
- [User Manual](#)

### Manuals+, Privacy Policy

This website is an independent publication and is neither affiliated with nor endorsed by any of the trademark owners. The "Bluetooth®" word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. The "Wi-Fi®" word mark and logos are registered trademarks owned by the Wi-Fi Alliance. Any use of these marks on this website does not imply any affiliation with or endorsement.