

Self-Care Plan

The following questions will assist you in developing your personal self-care plan. The self-care checklist can assist you in this activity.

1. What areas of your life can you say yes to you more consistently?

2. What has helped you feel refreshed and rejuvenated in the past?

3. List 5 non-negotiable self-care activities. (Use at least one each day)

For 1 week, commit to at least 1 of your non-negotiable self-care activities. Take notice in the effectiveness in your work with people and your level of enjoyment and satisfaction in your personal life.

Monday _____
Tuesday _____
Wednesday _____
Thursday _____
Friday _____
Saturday _____
Sunday _____

Daily check in: How full is your cup?

0 _____ 5 _____ 10 _____

Empty	Half Full/Empty	Overflowing
High stress and fatigue	Notice physical and emotional responses	Balance, Joy

“You cannot pour from an empty cup. Make sure your cup is overflowing before you serve others.”

Tips for setting healthy boundaries:

1. Practice tuning in to your inner sense of yes and no:

2. Learn to tolerate the reactions of others:

3. Practice self-compassionate self-care:
