

SELF-CARE PLAN

In the next __ months I will make self-care a priority in my life because:

Not taking care of me, has the following impact on my life:

When I take good care of myself I notice:

The following people/places/activities bring me pleasure and comfort:

My strategies and plans for self-care (both personally and professionally) are:

✓ on a daily/weekly/fortnightly basis I will:

✓ on a regular basis I will:

✓ in the next three - six months I will:

To be shared with coach, mentor and / or supervisor.

To be review regularly... at least monthly.