



# My Self Care plan

*\*Preventing burnout and setting myself up for Success!*

<p><b>Body: List 3 Actions</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul> <p><b>Score=</b></p>	<p><b>Emotional Wellbeing: List 3 Actions</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul> <p><b>Score=</b></p>
<p><b>Workplace: List 3 Actions</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul> <p><b>Score=</b></p>	<p><b>Relationship: List 3 Actions</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul> <p><b>Score=</b></p>
<p><b>Spiritual: List 3 Actions</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul> <p><b>Score=</b></p>	<p><b>Social Life: List 3 Actions</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul> <p><b>Score=</b></p>
<p><b>Step 1: Score your overall "Fulfillment" in each area (Rate 1-5) 1=Needs Focus 5=Completely Fulfilled</b></p>	
<p><b>Step 2: List 3 "Potential" obstacles to taking action in each area. (Increasing Awareness=Change)</b></p>	
<p><b>Step 3: List 3 actions (easy to extraordinary) you <u>will</u> take to overcome these potential obstacles.</b></p>	
<p><b>Step 4: Start taking one small action toward your goal today!</b></p>	

Don't forget to "Acknowledge and Celebrate your Progress" along the way no matter how small!!!

## How to Understand your Score

This is a simple tool to increase your awareness in identifying the areas of your life where you are doing well and which areas could use more focus and attention. When you increase your awareness you can then begin to prioritize what is important to you, take action and start feeling a “new you.”

## How to Maximize the Effectiveness of Your Self-Care Tool:

Ask yourself what does self-care look like in each area? How do I want to feel in each area? What steps would I need to take in order to achieve these results I want?

Identify the areas with the lowest scores and choose which area you want to prioritize. Choose one “Super Easy” action step, next one “Mid-Range” action step that will stretch you and lastly one “Extraordinary” action step you will take to get the results you want.

By taking action and building your confidence you will create that momentum to follow through on your action steps.

Lastly, write down how you will feel when you accomplish your goal. You can take this a step further and practice some visioning work here. High performance athletes do this often to increase their performance. Take a few minutes to close your eyes to see your goal accomplished. Again, see it, hear it, feel it and experience how this will feel for you 😊

Celebrate your progress!! Share on Instagram with the “Coaching to Fulfillment community” at #Coachingtofulfillment 😊