



1. Identify your self-care needs across each of the quadrants.
2. Record activities you currently engage in and some new ones.
3. Embed these activities into your regular routines to make them habitual.

Workplace / Professional

Examples: Turn off work emails on your phone. don't eat lunch at your desk, let go and delegate tasks.

Physical

Examples: Exercise, follow a healthy diet, walk the dog, clean the house.

Psychological / Spiritual

Examples: Keep a journal, meditate, spend time in nature.

Emotional / Relationship

Examples: Make time for family and friends, chat with friends using video conference, record three positive things about each day.

What might get you in the way of your self-care plan?
How can you prepare for these roadblocks?