Your self-care plan

This exercise seeks to reflect on how you currently prioritise your current self-care routine and, for you to review how you can make self-care a part of your routine.

- 1) Do you prioritise self-care?
- 2) Do you have a basic self-care plan? If yes, what is it?
- 3) Can you identify when you are in need of self-care? How does the need show up?
- 4) Do you have any self-care habits?
- 5) Identify the self-care habits that you currently use, if any:
- e.g. read a book, take a nap etc.
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- 6) Identify the self-care habits you want to adopt:
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7) How often do you currently perform your self-care activities?

- 8) What time of the day do you perform your self-care habits?
- 9) What obstacles get in the way of your self-care habits?
- 10) How can you overcome these obstacles?

Now, you can begin to create or tweak your self-care plan!

Firstly, identify the most effective way of adding self-care into your weekly routine, for example 1 activity a day, just before bed or 1 hour a week, every Sunday morning. Then schedule this into your diary, if you physically write or type it in to your schedule you are more likely to do it.

Whilst you complete your routine for the first time, identify any sabotaging thoughts that may come up, such as 'I have too much to do to be doing this'.

Notice any obstacles or interruptions that occur doing your routine and make tweaks accordingly. Perhaps you realise that in the evening you have too much on your mind and that completing your routine or self-care habits first thing in the morning may be better for you.

Revisit your self-care plan every couple of months to see if it fits in with your current needs, this also serves as an opportunity for you to add to your self-care list or even remove anything that no longer serves you.

I would love to hear how you get on with your self-care plans. If you feel comfortable, please share your self-care routine so we can inspire others to work on their self-care.

You can also check out my blog to see what is on my self-care checklist!