

# Personal Self-Care Plan

Adapted from Wicks, R. (2010). *Bounce: Living the resilient life*. New York, NY: Oxford

This tool is meant for your own personal use. Try not to be quick or global with your responses, but rather be thoughtful, and consider responses that are clear, specific, complete, imaginative, and realistic. This will help you make the most of the tool and help you gain a more full awareness of where you currently are with your own self-care and how you want to develop your self-care plan over time so it is realistic, well-rounded, balanced, practical and beneficial. Completing a self-care assessment in conjunction with this tool will be a helpful starting place.

## Section I: Reflect and answer the following questions:

List healthy <i>nutritional practices</i> that you currently have in place.
What are specific, realistic ways to improve your habit/style of eating and drinking (of alcoholic beverages)?
What physical exercise do you presently get and when is it scheduled during the week?
What changes in your schedule in terms of time, frequency, and variety with respect to exercise to you wish to make?
What are the periods for reflection, quiet time, meditation, mini-breaks alone, opportunities to center yourself, and personal debriefing times are now in your schedule?
Given your personality style, family life, and work situation, what changes would you like to make in your schedule to make it more intentional and balanced with respect to processing what comes up during your time spent alone or in silence?
How much, what type, and how deeply and broadly do you read at this point?
What would you like to do to increase variety or depth in your reading, research, and continuing-education pursuits?
What are the ways you process strong emotions (anger, anxiety, deep sadness, confusion, fear, emotional "highs" or the desire to violate/cross boundaries for reasons of personal gratification (financial, sexual, power)?
Where in your schedule do you regularly undertake such emotional processing, or "unpacking"?
What would you like to do to change the extent and approaches you are now using for self-analysis, or debriefing of self?
Who comprises the interpersonal anchors in your life?
What do you feel is lacking in your network of friends?
What are some reasonable initiatives you wish to undertake to have a richer network?
What are your sleep/rest habits now?
If you are not getting enough sleep/rest, what are some realistic ways to ensure you get more?

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Note: This list of questions is not exhaustive, please feel free to include and develop a plan for implementing, improving and integrating other aspects of self-care that you find important. It can also be helpful to review your answers with the help of a friend, colleague, mentor, or professional counselor or therapist in addition to your own self-reflection.

## Section II: Self-Care Activity Log

List activities in your nonworking schedule not previously noted above. Indicate frequency/time you allot currently and alongside of that indicate changes you feel would further enrich you personally and professionally as well as have a positive impact, in turn, on your family, colleagues and overall social network (and of course, yourself):

Activities	Frequency/Time Allotted Presently	Planned Change/Improvement
Leisure time with:		
• Spouses/partner		
• Children		
• Parents		
• Family Members		
• Friends		
Going to Movies		
Watching TV		
Visiting Museums		
Sports		
Attending Concerts/Plays		
Listening to Music		
Hiking, Biking, Walking or Swimming		
Phone Calls to Family and Friends		
Hobbies/Engaging in creativity (gardening, artmaking, sewing, cooking, coin collecting, etc.)		
Dining Out		
Shopping		
Visiting Libraries, Bookstores, Coffee Shops		
E-mailing Friends (Facebook, Instagram, texting)		
Making Love		
Journaling		
Continuing Education		
Vacations		
Long Weekends Away		
Meditation/Reflection		
Religious Rituals		
Leisurely Baths		
Massage		
Other activities not listed:		
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**Notes/Comments:**