

THE SELF-CARE IMPERATIVE WORKSHEET

WHERE DO YOU SPEND MOST OF YOUR TIME?

WHERE DO YOU NEED TO SPEND MORE TIME?



(www.OlgaPhoenix.com)

- 1. TAKE 3 MINUTES TO REVIEW THE SELF-CARE STRATEGIES.**
- 2. CHECK THOSE THAT YOU'VE ENGAGED IN THE LAST MONTH.**
- 3. STAR THOSE THAT YOU'VE ENGAGED 3-4 TIMES IN THE LAST WEEK.**

IDENTIFY YOUR STRESSORS

What causes your greatest stress? List your common stressors. Choose those things you can change or improve. Focus on those stressors when thinking about your self-care plan.

EXAMPLES:

Negativity – practicing gratitude, loving-kindness meditation, savoring the good

Over commitment – setting boundaries, reset your brain, reducing perceptions of busyness, minimum effective dose

Grief and Loss –practicing gratitude, always have something to look forward to, self-care in the background

CREATING HABITS OF SELF-CARE

(1) CUE/TRIGGER (tells the brain to go into autopilot) → (2) BEHAVIOR/ROUTINE (habit) → (3) REWARD (reinforcement)

EXAMPLES:

After I wake up, I will do my hip exercises before I get out of bed, and I will feel less pain and more limber.
(TRIGGER) (BEHAVIOR/ROUTINE) (REWARD)

When I am asked to do something extra, I will say yes only if it aligns with my priorities, and I will not feel as overcommitted.
(TRIGGER) (BEHAVIOR/ROUTINE) (REWARD)

After I get into my office, I will turn on my diffuser and Pandora radio, and I will feel calmer and more grounded.
(TRIGGER) (BEHAVIOR/ROUTINE) (REWARD)

Considering the stressor(s) you identified, create two self-care habits to address them:

(TRIGGER) (BEHAVIOR/ROUTINE) (REWARD)

(TRIGGER) (BEHAVIOR/ROUTINE) (REWARD)

GRATITUDE

Think of a person for whom you are grateful. Write down 3-5 sentences regarding why you are grateful for them.

SELF-CARE PLAN

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Professional

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As Needed

In the Background