**My Self-Care Plan**

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| **Self-Care Area** | **Before Work** | **During Work** | **After Work** |
| *Physical* |  |  |  |
| *Psychological* |  |  |  |
| *Emotional* |  |  |  |
| *Social* |  |  |  |
| *Professional* |  |  |  |
| *Environmental* |  |  |  |
| *Financial* |  |  |  |
| *Spiritual* |  |  |  |

**8 Areas of Self-Care**

1. Physical- Movement of the body, health, nutrition, sleep, rest, and physical touch.
2. Psychological- Learning new things, applying consequential thinking, engaging intrinsic motivation, practicing mindfulness and creativity
3. Emotional- Enhancing emotional literacy, navigating emotions, increasing empathy, managing stress effectively and developing compassion for self and others.
4. Social- Having a supportive group and network of relationships around you whom you trust and turn to when required. Having caring and supportive people around you builds a sense of belonging and connectedness.
5. Professional- Sharing your strengths and gifts, having clear professional boundaries, whilst living your purpose.
6. Environmental- Having an organized, well-maintained and clutter-free work, business and home environment, having clean clothes and a clean and well-maintained mode of transport. Also minimizing waste and monitoring technology time.
7. Financial- Being responsible with your finances (i.e., living expenses, income, insurances, savings, etc.) and having a conscious relationship with money.
8. Spiritual- The beliefs and values that are important to you and guide your life. This includes pursuing your noble goals and the practices that support you developing spiritual awareness.