

## Personalized Self-Care Plan: Values, Roles, and Workplace Realities

This worksheet helps you create a realistic, values-aligned, self-care plan. It can support your well-being at the same time it honors your roles and workplace realities.

### **1** Step 1: Clarify Your Values

Self-care is most sustainable when it aligns with what matters most to you.

<b>Values Identification</b>	
Choose 3-5 personal or professional values you want to protect and write them in the space below.	
1.	_____
2.	_____
3.	_____
4.	_____
5.	_____
<b>Reflection</b>	
How does taking care of yourself support these values?	
_____	
_____	
_____	
_____	
_____	
_____	
_____	

## **2** Step 2: Identify Your Roles and Demands

We all carry multiple roles that require time and emotional energy.

<b>Key Roles</b>	
List your key roles and the demands associated with them	
Key Role:	_____
Demand:	_____
Key Role:	_____
Demand:	_____
Key Role:	_____
Demand:	_____
<b>Reflection</b>	
What roles currently feel most draining and why?	
_____	
_____	
_____	
_____	
_____	
_____	
_____	

### 3 Step 3: Assess Current Stress and Capacity

Consider your current workload, stress level, and emotional capacity.

<b>Right now, my stress level feels:</b> (Circle one of the options below)			
Low	Moderate	High	Overwhelming
<b>Reflection</b> What feels most challenging in the moment?			

### 4 Step 4: Recognizing Warning Signs

Knowing your early signs of stress helps you intervene sooner.

<b>Common warning signs could include:</b> Identify different signs in the categories below.	
<b>Physical symptoms:</b> _____ _____	
<b>Emotional symptoms:</b> _____ _____	
<b>Professional issues/conflicts:</b> _____ _____	

**5 Step 5: Choose self-care strategies across domains**  
Select small, realistic practices you can return to consistently.

<b>Self-Care Strategies</b>
Develop self-care strategies for each domain below.
<p><b>Physical Self-Care:</b></p> <hr/> <hr/>
<p><b>Emotional Self-Care:</b></p> <hr/> <hr/>
<p><b>Relational Self-Care:</b></p> <hr/> <hr/>
<p><b>Professional Self-Care:</b></p> <hr/> <hr/>

**6 Step 6: Align with Workplace Realities**  
Self-care should fit within the systems you work in.

What is realistically possible during your workday?	What boundaries or supports would help most?
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

**7 Step 7: Create Your Action Plan**  
Keep it simple and specific.

What will I do?	When/how often?	What support do I need?

**8 Step 8: Revisit and adjust**  
This plan is meant to evolve.

When will I check in and update this plan?

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**Find more resources on self-care.**

[Self-Care and Sustainability](#)

[Sustaining the Work: Burnout, Compassion Fatigue, and Grief](#)

[Personalized Self-Care Plan: Burnout, Compassion Fatigue, and Grief](#)

[Self-Care as a Bridge: Maintaining Balance](#)

[Personalized Self-Care Plan: Workday, Transition Time, and Personal Life](#)