

# SELF-CARE ACTION PLAN: WORKBOOK EDITION

First things first: I'm thrilled you're here.

*Really? Thrilled?* Yep, and nothing less.

Life can be hectic and full of surprises. You've jumped through hoops and over the hurdles to get to where you are *right now*. To sit down, breathe, and connect to yourself with this workbook.

I'd say that's worth celebrating.

Before we dive in (I'm so ready!), let's get familiar with a few things.

## What is self-care?

Self-care can refer to any **intentional action** with **holistic benefits**.

You're aware of its purpose.

It benefits one or more aspects of your wellbeing.

This is a "nutshell" definition. Your self-care is personal and yours to define.

I don't have a universal definition or system for self-care, because everyone has different needs, wants, and experiences.

One-size-fits-all won't fit! (Kind of like dresses...)

This is what self-care is for me:

**My self-care is a practice of "mindful doing" that fuels and fulfills me so I can function at my best.**

*Before you continue to page 2, think about your personal self-care definition.*

What is the point of a self-care action plan?

Self-care is **essential** to growth.

You don't grow without *doing*.

**Self-care is how you stay fuelled to do what you need to do.**

I used to have piles of self-care to do lists for myself. So it felt like more of an obligation than an enjoyment.

When I realized that, I did some serious self-analysis:  
What was I trying to get out of these self-care tasks?  
What was the bigger picture, the deeper need?

**I wanted to practice self-care, but I couldn't bridge the gap between what I knew and what I did.**

So I slowly created this knowledge-to-action approach.  
'Cause you've got to apply what you know in order to grow!

This Self-Care Action Plan is structured to help you (yes, YOU too!):

- Discover what fuels and fulfills you
- Gain and maintain momentum (we're talking personal growth here, people!)
- Decrease stress and avoid burnout
- Create your personal, practical self-care system that will benefit you now and in the years to come.

In all honesty, I initially created all of this for me. What? I needed it! I still do. And that's the beauty of it:

**I created my personal self-care system in 2011, and it still works for me today.**

**Personal growth is a lifelong, ever-changing learning process.**

And the system you create is designed to grow with you.

What will this process look like?

You'll quickly learn that this this workbook has more questions than answers. But there's a method to the madness!

**Asking questions is the first step in gaining awareness. And awareness is how you grow in the right direction.**

There is *so much* value in asking yourself questions. Where else will you find the answers? (They're not in a blog post, I promise. I've tried!)

You are the only one who holds your answers (even if you don't see them right now). So don't be afraid to ask... a lot.

Get to know yourself and how you want to grow.

Completing this workbook doesn't mean you're set for life. (That'd be nice, huh?)

But these questions are a great place to start.



Let's start with where you are now. Are any of these true for you?

- I have a regular self-care practice that I want to work on.
- I have self-care ideas but haven't acted on them (regularly).
- I feel too busy to dedicate time strictly for *me*.
- I haven't thought much of self-care (but want to start).

If one (or more) of these resonates with you, you're in the right place.

**This workbook will help you clarify your needs and prioritize their (and ultimately your) fulfillment.**

Are you ready? Let's dive in.