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| **Survey of Current Self-Care Practices and Long-Term Self-Care Goals** |
| Area of Self Care | Current Practices (in the past week) | Long term Goal (in a year) |
| **Physical** (e.g. exercise, nutrition, sleep, environment) |  |  |
| **Emotional** (e.g. Ability to recognize and express emotions in a healthy way, ect.) |  |  |
| **Social** (e.g. healthy relationships, make time for family/friends, schedule dates with partner/spouse, ask for support from family and friends, etc.) |  |  |
| **Psychological / Mental** (e.g. engage in positive activities, can cope with the normal stresses of life, make a contribution to community, take time for yourself, disconnect from electronic devices, journal, access psychotherapy, life coaching, or counselling support through your EFAP if needed, etc.) |  |  |
| **Spiritual** (e.g. read inspirational / sacred literature, self-reflection, spend time in nature, meditate, explore spiritual connections, explore systems of faith practices etc.) |  |  |
| **Financial** (e.g. understand how finances impact your quality of life, create a budget or financial plan, pay off debt, etc.) |  |  |
| **Intellectual** (pursue new interests, learn new skills, engage in creative and mentally-stimulating activities, Travel, hobby, ect.)  |  |  |
| **Professional / Work** (e.g. pursue meaningful work, maintain work-life balance, positive relationships with co-workers, time management skills, etc.) |  |  |

This Weeks Self-Care Plan

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| **Area of Self Care** | **Weekly SMART\* goals** (This week I would like to try / accomplish) | **Barriers to this Goal**(time, resources, beliefs) | **How to minimize or overcome barriers**. (What can I do to make this goal easier to attain?) | **My healthy reward will be** |
| **Physical**  |  |  |  |  |
| **Emotional** |  |  |  |  |
| **Social** |  |  |  |  |
| **Psychological / Mental** |  |  |  |  |
| **Spiritual** |  |  |  |  |
| **Financial** |  |  |  |  |
| **Intellectual** |  |  |  |  |
| **Professional** |  |  |  |  |

\*Specific (what, to what extent, when, where, why), Measurable, Attainable/ Action-Oriented, Realistic, Timely