

Radical Self-Care Planner

Self-care is about creating and maintaining practices that help you sustain your energy, spirit and being. It's about being a friend to yourself; and actively planning to include things in your day/week that re-fuel you. If you don't actively care for yourself, you won't be in a position to give to your loved ones either. Take some time to consider ways that you can take even better care of yourself? How do you currently take care of yourself and what might you want to include going forwards? Consider what activities nourish/energise/ground you. Which people help you feel loved, safe and ready to connect? What supportive places can you go to (either in reality or in your mind)? What practices do your friends do that you might like to try?

Brainstorm these ideas and then write specific actions in the relevant column on the following page. Some example activities:

- Physical: walking, gym, weights, swimming etc.
- Mental: learning something new, reading, debates, TED talks etc.
- Emotional: smile, gratitude, name your emotions, hug someone
- Social: coffee date, walk with a friend, dinner party
- Spiritual: prayer, meditation, be of service, connect

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Date	Physical	Mental	Emotional	Social	Spiritual
<i>Sunday</i>					
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					