

Self-Care Plan

1. SMART Goals (Specific, Measurable, Attainable, Realistic, Time Bound)

Examples:

1. I will run for 30 minutes 3x per week for the next month.

2. I will meditate daily for 10 minutes for the next two weeks.

2. Psychological Skills Goal

Examples:

1. I will complete the "Three Good Things" gratitude practice at the end of each work day.

2. I will practice mindfulness while at the workplace through paying attention to my thoughts, feelings, sensations, and behavior. I will pay attention to my experience with kindness toward myself.
