



Self-care is anything you do with the deliberate intention of improving (or maintaining) your physical, intellectual, mental, social, spiritual, financial and/or environmental health and wellbeing.

This worksheet is designed to get you thinking about and designing your own self-care plan.

You can complete this on your own, or with a counsellor/therapist/doctor.

**Circle the 5 character strengths/values that are most important to you. This is about the person you want to be.**

- |                                       |                               |            |                                |
|---------------------------------------|-------------------------------|------------|--------------------------------|
| Appreciation of beauty and excellence | Bravery                       | Creativity | Curiosity                      |
| Fairness                              | Forgiveness                   | Gratitude  | Honesty                        |
| Hope                                  | Humility                      | Humour     | Logical thinking               |
| Kindness                              | Leadership                    | Love       | Love of learning               |
| Perseverance                          | Taking different perspectives | Prudence   | Self-regulation and discipline |
| Social intelligence                   | Spirituality                  | Teamwork   | Zest                           |

You can complete a questionnaire to learn more about these at <https://www.viacharacter.org/character-strengths>

**Do you feel like you are on track to achieve a positive and sustainable study/work/life balance?**

*Explain your answer*

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**What do you hope to achieve by practising greater self-care?**

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Read through our self-care guide (<https://blogs.flinders.edu.au/student-health-and-well-being/2019/06/20/self-care-mega-guide/>). Considering the range of self-care strategies highlighted in that, list those strategies (or others that you come up with) that align with your values and could help you achieve better study/work/life balance.

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### How will you achieve it?

Use this table to plan your self-care activities. You don't need to have a self-care activity for each health domain. Maybe just start with 1-3 activities.

	<b>What I am going to do?</b> <i>(e.g. walking)</i>	<b>How much I am going to do?</b> <i>(e.g. 20 minutes)</i>	<b>When am I going to do it?</b> <i>(e.g. each day at lunch)</i>	<b>Who am I going to do it with?</b> <i>(e.g. my colleagues)</i>
Physical health (the health of my body)				
Mental health (the health of my mind)				
Social health (the health of my relationships)				
Spiritual health (my connection to a higher purpose or power)				
Financial health (my financial situation and my confidence re: finances)				
Intellectual (sense of competence and capacity for learning)				
Environmental health (the health of the physical and social environments in which I live)				

**What barriers might get in the way of you practising these self-care strategies?**

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**How can you overcome these barriers?**

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## Evaluate your self-care plan

After a few weeks of doing your self-care plan, take a moment to evaluate how it is going....

	<b>Strategy</b>	<b>How well have I been able to implement this strategy?</b>	<b>Has my wellbeing improved since implementing this strategy?</b>	<b>Reflecting on my responses, does the strategy need to be revised? If so, in what way?</b>
Physical health (the health of my body)				
Mental health (the health of my mind)				
Social health (the health of my relationships)				
Spiritual health (my connection to a higher purpose or power)				
Financial health (my financial situation and my confidence re: finances)				
Intellectual (sense of competence and capacity for learning)				
Environmental health (the health of the physical and social environments in which I live)				

