








# My Resiliency/Self-Care Plan

Use this template to create your own self-care plan. Check back regularly to see how things are going and assess whether you need to make any adjustments to your plan. You may consider sharing some goals with friends, family, or colleagues if it is useful to have their support and encouragement. Based on your responses to the previous exercises, "Self-care Balance," "Wheel of Life" and the "Checking for Burnout," list one or two things in each areas that you already do and a few things you would like to try out or do more of to take care of yourself.

Domain	Already do...	Would like to do...
Emotional		
Physical		
Social		
Occupational		
Intellectual		
Spiritual		
Environmental		
Financial	