

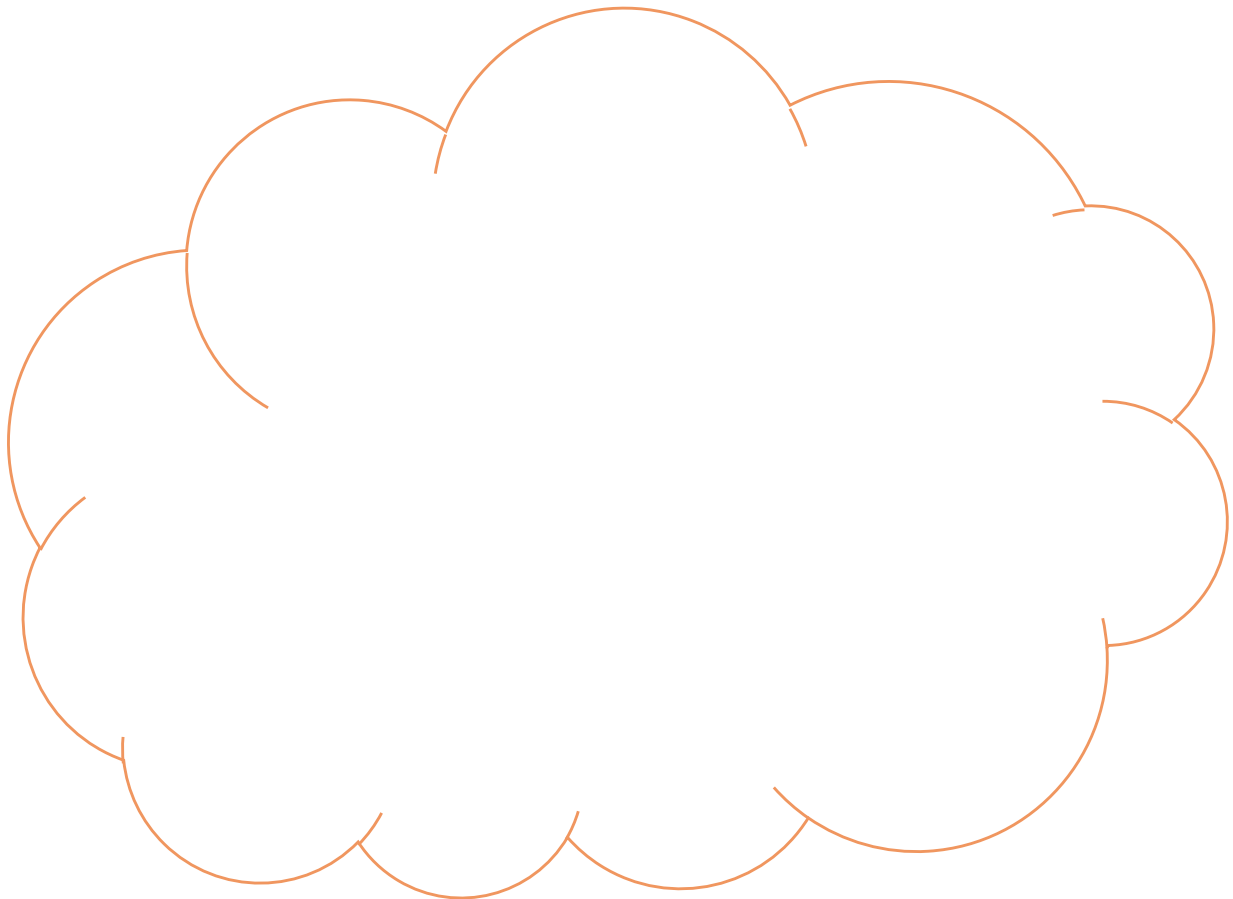
# BUILDING YOUR SELF-CARE PLAYBOOK

## DIRECTIONS

This worksheet is intended to accompany Rachel and Suzanne's Big Payoff podcast episode, entitled, **Redefining Self-Care**. Please listen to that episode and then answer the following questions. You will want to print this out, make copies, and save for use every day!

1. **At the end of a good day, what are the adjectives you would use to describe how you feel?** Write these adjectives in the word cloud below.

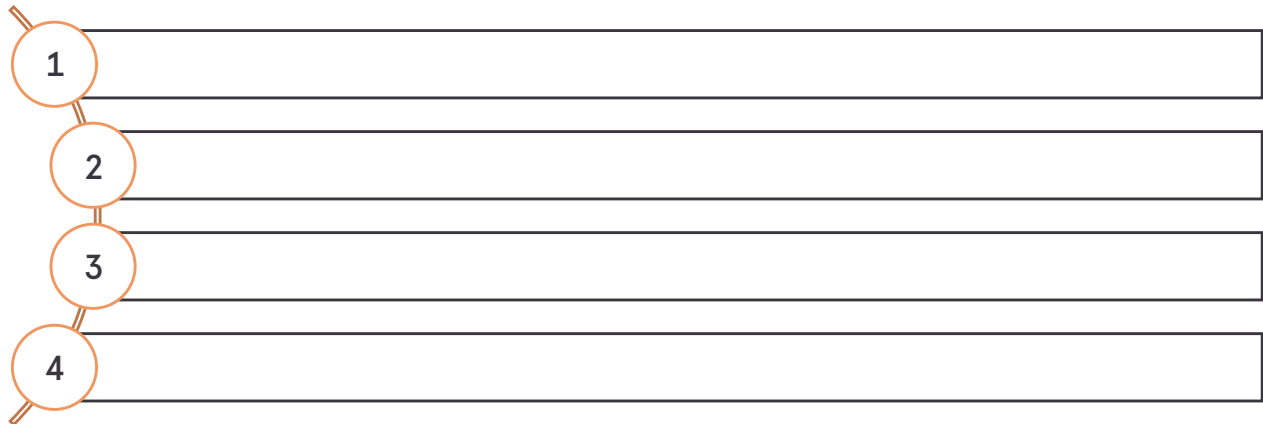
*Examples of feelings: physically fit, well fed, spiritually grounded, calm, focused, creative, connected, uplifted, productive, useful, informed, organized...*



**2. Now look at your adjectives and create 4 categories of action that would help you generate those feelings. These are the touchstones of your personal well-being playbook.**

*Examples of categories that would generate the feeling examples above would be: Physical movement, Goal completion, Social connection, Spiritual practice, Creative outlet/exercise, Financial planning, Housekeeping, etc.*

**Note: these categories are broad, not highly specific.**



1

2

3

4

**3. For each one of those 4 categories, list as many kinds of activities and actions you can think of that would fall under each one. Here's where you get specific.**

CATEGORY 1:	CATEGORY 2:	CATEGORY 3:	CATEGORY 4:
ACTIVITIES & ACTIONS	ACTIVITIES & ACTIONS	ACTIVITIES & ACTIONS	ACTIVITIES & ACTIONS

4. Identify whatever is standing in the way of doing the things you've listed above (e.g., "I'm not able to get any fresh air because..."). Now pick a "swim buddy" who can help you overcome those obstacles and arrange to check in with that person regularly.

CATEGORY 1:	CATEGORY 2:	CATEGORY 3:	CATEGORY 4:
WHAT'S STANDING IN THE WAY?	WHAT'S STANDING IN THE WAY?	WHAT'S STANDING IN THE WAY?	WHAT'S STANDING IN THE WAY?
BASE BUDDY:	BASE BUDDY:	BASE BUDDY:	BASE BUDDY:

**SHARE THE WELL-BEING**

Below are the questions we recommended that you get in the habit of asking the people you are closest with at this time - your partner, your children, your siblings, your friends:

- How are you feeling today?
- Is there something I can do to help or support you?
- What are your plans for today/ what do you want to achieve?
- What do we need to discuss so this day or week will work optimally?
- What can we do together today that is fun or interesting or helps with our mental and physical well-being?
- How can we support and help those around us?