

## Keep Yourself Healthy - Create Your Plan

### Planner

1. Look at your completed Self-Care Worksheet for ideas
2. Review your Wellness Questionnaire and anywhere you have answered No, use that section as a starting point for completing steps 3 – 5.
3. Select 1 to 7 different places where you can begin to make one small self-care change.
4. Be honest with yourself. Pick an activity that you are sincerely willing to try, even if it sounds strange to you. For example:
  - a. *After work, I will not turn on the TV as soon as I walk in the door, I will do two minutes of deep breathing exercises.*
  - b. *I will park one extra block away.*
5. Commit to a starting date - For example:
  - a. *By September 30, each day after work, I will not turn on the TV as soon as I walk in the door, I will do two minutes of deep breathing exercises.*
  - b. *By October 15, I will park one extra block away and increase my participation.*

<b><i>ACTION! PLAN.</i></b>		
<b><i>ACTIVITY TIME SECTION</i></b>	<b><i>ACTIVITY GOAL SECTION</i></b>	<b><i>By When</i></b>
<b><i>1. Before Work</i></b>		
<b><i>2. During Work</i></b>		
<b><i>3. After Work</i></b>		
<b><i>4. Before Bedtime</i></b>		
<b><i>5. Weekly</i></b>		
<b><i>6. Monthly</i></b>		
<b><i>7. Yearly</i></b>		