

### WISE Self-Care Plan

In the next \_\_ months I will make self-care a priority in my life because:

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Not taking care of myself has the following impact on my life:

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When I take good care of myself I notice:

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The following people, places or activities bring me pleasure and comfort:

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My strategies and plans for self-care (in both the personal and professional realm) are:

- On a daily, weekly or fortnightly basis I will:

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- On a regular basis I will:

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- In the next three to six months I will:

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