

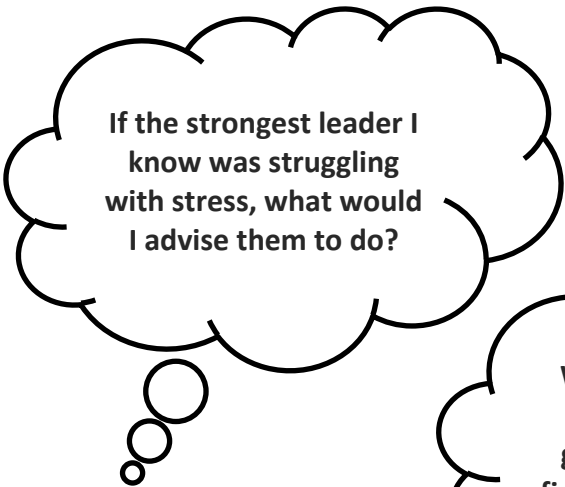
Self-Care Awareness: Practicing What You Preach

What is self-care?

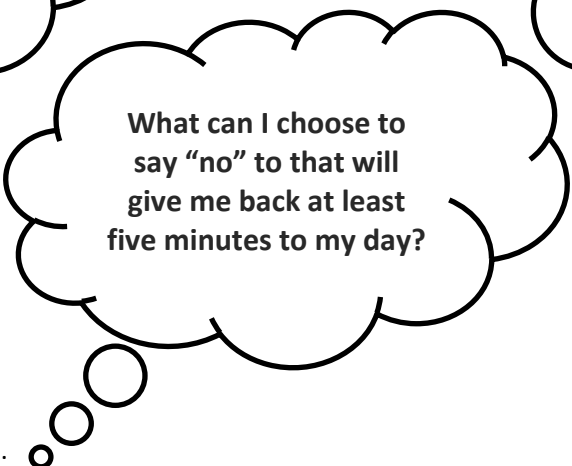
Making a _____ choice on a _____ basis to maintain and enhance my _____ and _____.

What is holding me back from practicing self-care regularly?


Practicing self-care regularly will help me to be a better leader because



If the strongest leader I know was struggling with stress, what would I advise them to do?



What can I choose to say "no" to that will give me back at least five minutes to my day?



What if it was a standard company practice to ask potential new hires during the interview, "What do you do for self-care?"

My Self-Care Plan

At home (or during non-work hours), I will practice this self-care act:

At work (or during work hours), I will practice this self-care act:

I will encourage my team to practice this self-care act: