

# SelfCare

## CHALLENGE PLANNER

 @SelfCarePsy

 @selfcarepsychology

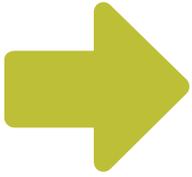
 @selfcarepsychology [www.selfcarepsychology.com](http://www.selfcarepsychology.com)

**NAME:**

**THE CARD I HAVE CHOSEN IS:**

**MY PERSONAL SMART GOAL  
BASED ON THIS CARD IS:**

**I AM ON WEEK 1  2  3  4  OF THIS GOAL**



**START HERE** Begin using this planner by reading the crucial points below. Building positive self care habits is challenging, and we want you to give yourself the best possible chance of succeeding.

**1**

**ONE THING AT A TIME** Often when we are inspired to make change, we want to make it all at once. This is unrealistic and unhelpful. Pick one card at a time to concentrate on to increase your likelihood of following through.



**MAKE IT SMART** Take your card and make your personal goal specific, measurable, achievable, realistic and time bound. We recommend you practice your act at least once a day.



**HAVE A PLAN** Having a clear plan as to how you are going to implement your change helps you achieve it. Research shows that writing out a plan is more effective than simply thinking a plan through. So complete this planner!

**28**

**DO IT FOR 28 DAYS** There are conflicting ideas about how long you need to repeat an action for it to become habit. An average is 28 days. So complete this planner at least 4 times before setting a new goal.



**BE ACCOUNTABLE** Making yourself accountable in some way helps motivation. Tell people, maybe involve your team with the team challenge. Share on Social Media. Review progress weekly with this planner.

**NOW COMPLETE YOUR PLAN FOR A WEEK, MARKING YOUR PROGRESS DAILY BELOW**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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**ONCE YOUR WEEK IS COMPLETED, REVIEW BELOW**

Reflect on your progress this week. What worked, what didn't. Don't focus on the negatives, if things haven't gone to plan think about how you could improve or revise your goal for next week to help you achieve it.

Now onto next week. Don't forget to share your progress using #selfcarechallenge and tag us in using our social media handles above. Help build a culture of self care in social work!