

Compassion Fatigue: Developing Your Self-Care Plan Worksheet

“You Can’t Pour From An Empty Cup”

Instructions

Self-care isn’t something that happens overnight or by chance. You have to be intentional, make time for yourself, and make your self-care plan a priority. If you haven’t started a self-care plan, below is a quick and easy way to start.

- Identify your circle of support: consider who is your support system
- Identifying five possible self-care activities you can begin to start your self-care plan today

Identify Your Circle of Support

Identify three people you could call upon for support and consider as your circle of support:

1. _____
2. _____
3. _____

Identify Five Self-care Activities

Identify five self-care activities to begin practicing on a weekly basis.

1. _____
2. _____
3. _____
4. _____
5. _____