

Self Care Plan for Business Owners

WORKING HOURS

Business owners often work themselves to exhaustion. There is always more to do. What will you do to take care of yourself?

How much work per day do I enjoy?

What is my working style--am I a work sprinter or a long-distance runner?

When will I stop working each day?

What are my days off and how will I keep them sacred?

REST AND REJUVENATION

We all get burnt out from time to time. The key is to recognize it and choose to rest.

What tells me that I need to take time out to feel, cry, journal, check-in, talk to a friend?

How do I rest? What helps me relax?

SUPPORT

Being in business is hard work. Who do you have to help you through, and celebrate with you?

What support do I have as a business owner? (Who do I go to talk to about biz issues?)

If I have few support people, where might I find more? (groups, networking, online)

BOUNDARIES

Business is about relationships, and all relationships need boundaries. What are yours?

What tells me when something is not working for me and I need to say no?

INSPIRATION AND CREATIVITY

Creativity is our birthright. What helps keep you excited and in the flow of life?

What inspires me? (both personally and in terms of your business)

What reminds me of the larger picture (service, divinity)? How do I connect with that?