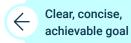
Example of a completed GP Wellbeing self-care plan from www.racgp.org.au/wellbeing



Date:	14	January	2025
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Self-care summary: This plan outlines my self-care goals for the next 12 months, focusing ...

To improve my sleep habits, start to save more often, and become clearer about my values.



Self-care goal 1

		ognitive wellbeing	
My goal for 12 months' time is:	To improve my sleep schedule.		
This is important to me because:	I want to be more alert in the morning so I can be more mindful in my activities.	The motivation for th goal links back to a specific aspect of life	
I know I will have achieved my goal because:	My sleepiness score on the Epworth will be lower & I will have a regular bedtime.	This can be objectively measured by comparing scores on the Epworth now	
The steps I will take to achieve my goal include:	 work up to being in bed by 10pm 5 nights a week turn my phone off at 9pm each night avoid heavy meals, 3 hours before bed. 	vs after 12 months	



This step includes flexibility to adapt to varying demands (ie 5 nights rather than every night)

Self-care goal 2					
The wellbeing domain this goal relates to	is:				
Physical wellbeing Emotion	nal wellbeing Social wellbeing Cognitive w	vellbeing			
Professional wellbeing Financia	al wellbeing				
Other:					
My goal for 12 months' time is:	To create a savings habit. I want to feel financially secure enough to plan for holidays	s and			
This is important to me because:	large expenses.				
	I will save 15% of my income each month and have	This includes a specific outcome you			
I know I will have achieved my goal because:	enough money saved to go on a 10-day holiday to Kangaroo Island.	are working towards that can be objectively measured			
The steps I will take to achieve my goal include:	 creating a budget for fortnightly expenses bring my own lunch to work rather than buying it at work create an automatic fortnightly transfer into a high-interest savings account. 				
	Automating action to reduce effort required				
Self-care goal 3					
	o is: nal wellbeing Social wellbeing Cognitive wall wellbeing Values	vellbeing			
My goal for 12 months' time is:	A clearer understanding of my values.	This goal is realistic to achieve within 12 months, whereas aiming to make your entire life values-driven in that time would be less			
This is important to me because:	I want to understand what matters to me. I want clearer motivations for what I do and to guide my decision making.				
I know I will have achieved my goal because:	I will be able to articulate my values and identify how my current life decisions and priorities align with my values.	Identify a skill you will learn and be able to demonstrate			
The steps I will take to achieve my goal include:	- completing the 40 values checklist - talking with my partner, parents and friends about their values - attending three sessions with a psychologist to explore my values.				

Review date:

(Date to review progress, e.g., in 3 months, 6 months, 12 months)

August 2026 (six months' time)