

Date: 14 January 2025

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.



Clear, concise, achievable goal

Self-care goal 1

The wellbeing domain this goal relates to is:

- ☒ Physical wellbeing ☐ Emotional wellbeing ☐ Social wellbeing ☐ Cognitive wellbeing
☐ Professional wellbeing ☐ Financial wellbeing ☐ Values

Other:

To improve my sleep schedule.

My goal for 12 months' time is:

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 the 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 vs after 12 months

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.



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 ☐ Emotional wellbeing ☐ Social wellbeing ☐ Cognitive wellbeing
☐ Professional wellbeing ☒ Financial wellbeing ☐ Values

Other:

My goal for 12 months' time is: To create a savings habit.

This is important to me because: I want to feel financially secure enough to plan for holidays and large expenses.

I know I will have achieved my goal because: I will save 15% of my income each month and have enough money saved to go on a 10-day holiday to Kangaroo Island.

This includes a specific outcome you 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

The wellbeing domain this goal relates to is:

- ☐ Physical wellbeing ☐ Emotional wellbeing ☐ Social wellbeing ☐ Cognitive wellbeing
☐ Professional wellbeing ☐ Financial wellbeing ☒ Values

Other:

My goal for 12 months' time is: A clearer understanding of my values.

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.

This goal is realistic to achieve within 12 months, whereas aiming to make your entire life values-driven in that time would be less

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)