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RACGP ^{CPD}

RACGP GP self-care plan

Introduction

Having completed your check-in, you likely identified a few wellbeing domains you want to address. If the check-in indicates that very few domains need attention, consider what can help you maintain or further improve your wellbeing. This guide will help you create a personalised self-care plan to support your wellbeing over the next 12 months.

This plan is for your personal use only. You do not need to provide a copy as evidence for CPD.

Step 1: Interpretation

To begin, consider what your check-in-results mean to you. Write a brief paragraph answering the following questions:

- What did the check-in highlight as domains of strength?
- Are you surprised by the results of your check-in?
- What does this tell you about how you monitor your wellbeing?
- What could you start doing or continue to do so you can effectively monitor your wellbeing?

Step 2: Prioritise your focus

Review the areas needing attention and identify any interconnected domains.

Consider your personal values and choose the three most important wellbeing domains to focus on the next year.

Step 3: Set achievable goals

For each of your three chosen domains, define one specific goal you want to achieve within 12 months.

Ensure your goals are:

- **Controllable:** focus on actions within your power
- **Realistic:** consider your time constraints and competing priorities
- **Objective:** define clear indicators of success such as what would you see or hear
- **Action-oriented:** frame goals as things you want to achieve, not avoid

Goal	Actions
Increase regular physical activity	<ul style="list-style-type: none">• schedule 30 minutes of brisk walking or cycling three times a week• join a local sports team or fitness class• incorporate short bursts of improvement into the workday (eg stretching, walking during phone calls)
Reduce feelings of stress and burnout	<ul style="list-style-type: none">• schedule regular breaks throughout the workday• practice mindfulness or meditation for 10-15 minutes daily• learn and implement effective time management techniques• delegate tasks when possible
Improve emotional regulation skills	<ul style="list-style-type: none">• identify personal triggers for negative emotions• learn and practice coping mechanisms (eg deep breathing exercises)• seek professional support if experiencing persistent emotional difficulties

Step 4: Understand your motivation

For each goal, write a brief sentence explaining why it is important to you right now.

- connect your motivation to your personal values.

Step 5: Develop your action plan

For each goal, outline specific activities you will undertake to achieve it. Include relevant details:

- **Timing:** specify when you will do the activity
- **Frequency:** indicate how often will you do it
- **Duration:** how long will each session last
- **Specifics:** describe exactly what the activity involve

A pre-filled example is available.

Step 6: Summarise your aspirations

Write a single, concise sentence that encapsulates the overall aim of your self-care plan for the next 12 months. This could be a summary of your three goals.

Step 7: Connect for support

Share your goals or even just your summary sentence with a trusted person. This connection can provide support, offer different perspectives, and enhance your motivation throughout the year. Start with small, manageable steps and consider gradually increasing frequency or intensity. Be kind to yourself.

Step 8: Connect for support

Complete the self-care plan, keep a copy on your personal file.



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RACGP Wellbeing: GP self-care plan

Date:

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

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:

My goal for 12 months' time is:

This is important to me because:

I know I will have achieved my goal because:

The steps I will take to achieve my goal include:

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:

This is important to me because:

I know I will have achieved my goal because:

The steps I will take to achieve my goal include:

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:

This is important to me because:

I know I will have achieved my goal because:

The steps I will take to achieve my goal include:

Review date:

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

Notes and reflections:

(Space to add any additional thoughts, challenges, or successes during the implementation of this plan)

Support person (optional):

(Name of a trusted colleague, friend, or family member you might share this plan with for support)



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