

# Self Care Plan for Business Owners

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## **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 (Divine, etc)? How do I connect with that?