

Self-Care Plan for Biz Owners

An inner-work exercise by Emma McCreary · www.TaoofProsperity.com

This workbook is an invitation to discover what you need to be a thriving, happy business owner (and reduce or eliminate those things that sap your energy and effectiveness). At the end is a summary that you can post in your workspace.

Before you begin, take a moment and get mindful. Bring your attention into your body and notice what is there. Who are you right at this moment? What is going on in your body? Close your eyes and take a few minutes to breath and connect with yourself. When you are ready, open your eyes and begin.

WORK AND TIME

Reflect: What feels like your ideal work schedule? What matches your natural rhythms? What are your hours and what kind of work do you do each day?

Assess: In what ways are you close to this ideal and in what ways are you far from your ideal?

Act: List one or two things you could do to bring yourself closer:

- 1.
- 2.

REST AND REJUVENATION

Reflect: What body sensations, feelings, or thoughts tell you that you need a break or are burnt out?

Assess: How often are you feeling (and ignoring) the signals that tell you that you need to rest or meet needs other than productivity?

Act: What habits would begin to help you meet your needs for rest *regularly*?

- 1.
- 2.

RECONNECTION

Reflect: What helps you reconnect to yourself? (i.e. meditate, rest, journal, walk)

Assess: How often do you engage in these practices?

Act: What would be a regular practice that would fit into your life?

SUPPORT

Reflect: What do you need support with in your business right now? (this could be emotional support & camaraderie, advice, problem-solving, or actual tasks)

Assess: What avenues of support do you have available to me? Who can you talk to about problems or celebrations that come up in your business?

Act: What could you do to get more support?
(ideas: form a group, network online, find a mentor or coach)

BOUNDARIES

Reflect: What tells you when something is not working for you and you need to say no?

Assess: What are you currently “putting up with” in your business?

Act: What small steps could you take to start changing this?

1.

2.

INSPIRATION AND CREATIVITY

Reflect: What are you excited about right now in your work? What are you growing into?

Assess: How well are you embracing this creative adventure and supporting yourself in it?

Act: List 2 things that would support your creativity:

- 1.
 - 2.
-

RETURN TO YOURSELF: WHAT IS NOW POSSIBLE?

With this information, what is different? What is the most important takeaway?