

RCACGP Wellbeing: GP Self- Care Plan		Date: 14 January 2025
Self-Care Summary: This plan outlines my self-care goals for the next 12 months, focusing <i>To improve my sleep habits, start to save more often, and become clearer about my values</i>		
Self-Care Goal 1		
The wellbeing domain this goal relates to is:- <input checked="" type="checkbox"/> Physical Wellbeing <input checked="" type="checkbox"/> Emotional Wellbeing <input type="checkbox"/> Social Wellbeing <input type="checkbox"/> <input type="checkbox"/> Cognitive Wellbeing <input type="checkbox"/> Financial Wellbeing <input type="checkbox"/> Values Other: insert text		
My goal for 12 months' time is:	<i>To improve my sleep schedule</i>	
This is important to me because:	<i>I want to be more alert in the morning so I can be more mindful in my activities</i>	
I know I will have achieved my goal because:	<i>My sleepiness score on the Epworth will be lower & I will have a regular bedtime</i>	
The steps I will take to achieve my goal include:	<ul style="list-style-type: none"> <i>Work up to being in bed by 10pm 5 nights a week</i> <i>Starting to turn my phone off at 9pm each night</i> <i>Avoiding heavy meals 3 hours before bed</i> 	
Self-Care Goal 2		
The wellbeing domain this goal relates to is: <input type="checkbox"/> Physical Wellbeing <input type="checkbox"/> Emotional Wellbeing <input type="checkbox"/> Social Wellbeing <input type="checkbox"/> Cognitive Wellbeing <input type="checkbox"/> Professional Wellbeing <input checked="" type="checkbox"/> Financial Wellbeing <input type="checkbox"/> Values Other: insert text		
My goal for 12 months' time is:	<i>To create a savings Habit</i>	
This is important to me because:	<i>I want to feel Financially secure enough to plan for holidays and large expenses</i>	
I know I will have achieved my goal because:	<i>I will be saving 15% of my income each month and have enough money saved ogo on a 10-day holiday to Kangaroo Island</i>	
The steps I will take to achieve my goal include:	<ul style="list-style-type: none"> <i>Creating a budget for fortnightly expenses</i> <i>Bring my own lunch to work rather than buying it at work</i> <i>Creating an automatic fortnightly transfer into a high-interest savings account</i> 	
Self-Care Goal 3		
The wellbeing domain this goal relates to is: <input type="checkbox"/> Physical Wellbeing <input type="checkbox"/> Emotional Wellbeing <input type="checkbox"/> Social Wellbeing <input type="checkbox"/> Cognitive Wellbeing <input type="checkbox"/> Professional Wellbeing <input type="checkbox"/> Financial Wellbeing <input checked="" type="checkbox"/> Values Other: insert text		
My goal for 12 months' time is:	<i>A clearer understanding of my values</i>	
This is important to me because:	<i>I want to understand what matters to me so, I have clearer motivation for what I do and to guide my decision making</i>	
I know I will have achieved my goal because:	<i>I will be able to articulate my values and identify how my current life decisions and priorities align with my values</i>	
The steps I will take to achieve my goal include	<ul style="list-style-type: none"> <i>Completing the 40 values checklist</i> <i>Talking with my partner, parents and friends about their values</i> <i>Attending three sessions with a psychologist to explore my values</i> 	

Clear, concise, achievable goal

The motivation for the goal linked back to a specific aspect of life

This can be objectively measured by comparing scores on the Epworth now vs after 12 months

This step includes flexibility to adapt to varying demands (i.e., 5 nights rather than every night)

This includes a specific outcome you are working towards that can be objectively measured

Automating action to reduce effort required

This goal is realistic to achieve over 12 months. It would be less realistic aim to have your entire life as being values-driven within a year

Identifies a skill you will learn and be able to demonstrate

Review Date: August 2025 (six months' time)]

Notes/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]