

## PPW-2. Self-Care Goal Worksheet

1. Analyze the data and compare that with self-perceptions, and the perceptions of family, friends and colleagues.
2. Based on your Score Pattern Analysis, identify three (3) SMART goals which will maintain or increase your resilience to stressors. Goals may be Maintenance (continue doing what works) and/or growth (add that which will increase resilience).
3. Identify two (2) accountability buddies with whom you will meet to monitor your goals, and set a time/place to meet. One buddy should be identified from your professional environment and the second should be identified from your personal life.

## S-M-A-R-T

Specific – Measurable – Attainable – Realistic – Time-Based

SMART Goals	Maintenance	Growth
1.		
2.		
3.		

Are there obstacles or resistances to achieving your goals?      ( ) Yes      ( ) No

If yes, what are they? List here and share with your accountability buddy.

What strategies might you use to overcome the obstacles/resistances? List here and share with your accountability buddy.

Identify Buddies	Meeting Date/Time
Personal:	
Professional:	