

# CARE FOR YOURSELF BEFORE BURNOUT

.....

## WORKSHEET

**Step 1:** Write down three to five extravagant (to you) things that you would love to treat yourself to (if only you had the time and money). Think BIG here. Pretend that money is no object.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Step 2:** Now, write down three to five things that you would love to do if you had an entire 24-hours free, but you weren't allowed to go more than 15 miles from your home.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Step 3:** Last, but not least, write down three to five things that you would love to do if you had an entire 24-hours free, but you couldn't leave your home.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Now, take a look at the last "home" list and circle your top pick from that list.

Do the same with the two other lists. Next, get your calendar out and schedule, **in pen**, that one thing from your "home" and "15-mile" lists.

Here's to showing yourself a little compassion!