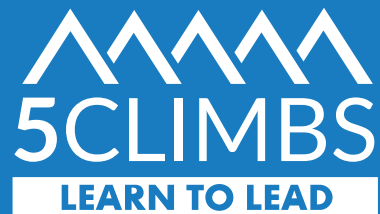


# Care for Yourself

Application Packet



Climb One: Lead Self



Care

# Care for Yourself

## Action Assignment



**Y**ou are your most valuable, sustainable resource. Caring for yourself is not selfish. It is essential.

There are several important factors that go into you. They include the physical you, the emotional or spiritual you, the social you, the financial you, the intellectual you, the recreational you, and even the creative you. These are all important.

The reality is that you cannot work on everything at once. Nor can you be perfect in everything. But, when it comes to caring for yourself, there are probably two or three things right now that need your attention. Work on those things and you will dramatically increase your effectiveness as a leader. And just as importantly, you increase your enjoyment in life.

### Care for Yourself 7 Key Factors



This application assignment will help you pinpoint two to three things you should pay attention to right now to better care for yourself. It won't do it for you. In fact, it won't even tell you what to do. It will, however, help you figure for yourself what to do. And you will be glad you did it.

Let's get started on this action assignment!



# Assess part 1

## Top Needs Right Now

**T**ake a moment to determine and define the factors relating to your personal care that need your attention most right now.

1. Use the assessment worksheet on the following page to identify and address two to three areas that need your attention the most right now.
2. Enlist the help of your closest associate (the person who knows you the best) and have that person use a copy of the worksheet to identify the top two to three areas that need your attention the most.
3. Follow the three steps on the worksheet:
  - **CHOOSE** the three areas that need the most attention right now. Mark them "1", "2", and "3".
  - **DEFINE** one essential need that is most pressing right now within each of the three top areas.
  - **ADDRESS** the need by writing down the ideas or suggestions that seem the most promising.



What areas need my attention the most right now?

# Care for Yourself

## Assessment

What areas need my attention right now?

Self  Associate

### 1 Choose

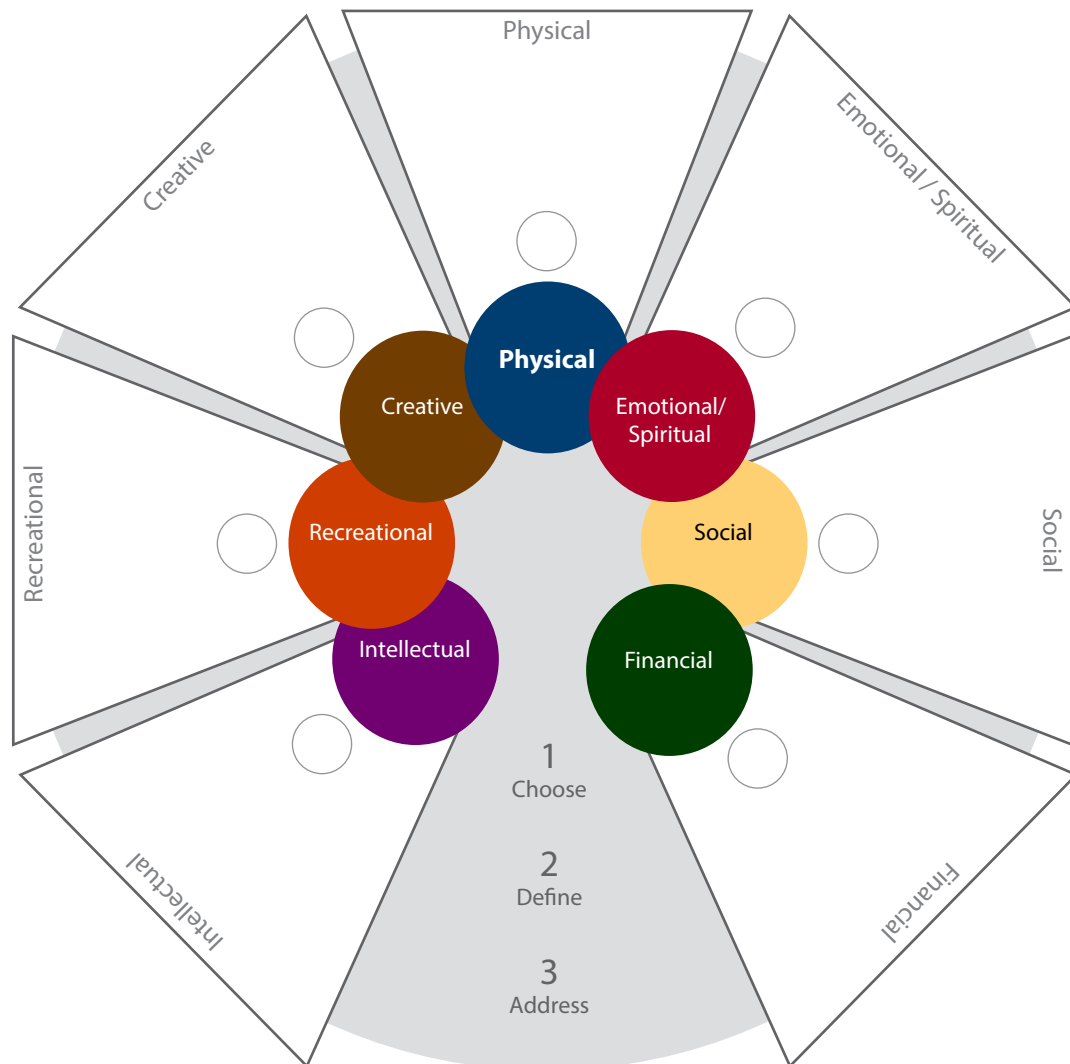
Identify the three areas that need the most attention right now. Mark them "1," "2," and "3".

### 2 Define

Briefly describe the essential need for each of the top three areas (those ranked "1," "2," and "3").

### 3 Address

Write ideas or suggestions to help address each area and need.



# Create a **Plan** part 2

## Personal Care Plan

**C**reate a personal care plan to address each of the areas that need your attention the most right now.

1. Use a copy of the Personal Care Action Plan on the following page to plan specific actions to address the most pressing needs right now.
2. Enlist the help of your closest associate (the person who knows you the best) to offer ideas and support.
3. Set a goal for each priority. Describe both the current situation and desired situation.
4. Plan the specific actions you will take and the target date by which you expect to complete each.
5. Make it happen. Do what is on your plan.
6. Review your progress and report back to your close associate. Be accountable for your progress.
7. Enjoy the results of your efforts.



What action will I take right now to care for myself?

# Personal Care Plan

## Action Plan

What action will I take right now to care for myself?

Area of Concern:

Date:

Current Situation

Desired Situation

Specific Actions

Target Date

Specific Actions	Target Date

# Notes

## My Notes and Ideas

A large, empty rectangular box with a gray border, intended for writing notes and ideas. A dashed line connects the top of the box to the title 'My Notes and Ideas'.

## Five Climbs Support

Five Climbs is provided by  
Learning Point Group

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