

Self-care Toolkit

Goal setting

This worksheet is designed to assist you in developing your personal skills to better manage your current situation.

If you are having trouble understanding this worksheet or need support, please call a MensLine Australia counsellor on 1300 78 99 78.

Things to think about

Looking after yourself is one of the most important contributions you can make to you, and to those you love. Self-care means taking responsibility for your wellbeing. It allows you to monitor yourself so that you can be in control of reactions and behaviours.

You should set small goals and keep track of whether you have followed through with the goal or activity.

Each of the suggestions below is an example of a self-care activity. Of course, there are many other ways you can look after yourself, too.

- Choose not to use alcohol or drugs (they can make things worse).
 - Make sure you have adequate time for sleep. If this an issue, see the worksheet on sleep.
 - Get some exercise; it will make you feel and sleep better.
 - Visit your doctor if you aren't feeling well. Don't put it off.
 - Find someone you can talk to such as a friend, relative, MensLine Australia counsellor or your Employee Assistance Program. Talk it over. You are not a pest. If a friend or relative were going through a rough patch, wouldn't you hope they would come to you?
-
- Structure time for yourself. Don't expect self-care to just happen. Put time in your diary to do something for yourself.
 - Do something you used to enjoy (dust off the fishing rod, revive a hobby).
 - Join a club such as social, sport or a community club.
 - Choose to eat healthy food (fruit and vegies don't need a lot of cooking).

Self-care Toolkit

Goal setting

Activity

Choose a couple of the goals from the list above or your own, and work them into your goal action plan below.

Remember to break each goal down into smaller achievable goals to get there.

Example of a goal action plan

Main self-care goal	How to do it (smaller goals)	How do I know I have achieved it?	What I will do this week?	Did I achieve what I said I would do?
Eat healthy food	Go to grocery store	More healthy meals	Find some recipes	✓
	Make time to cook	Less takeaway	Do a budget and write a shopping list	✓

Your self-care goal action plan

Main self-care goal	How to do it (smaller goals)	How do I know I have achieved it?	What I will do this week?	Did I achieve what I said I would do?

This worksheet is part of a series on anger management, communication and self-care. You may find it useful to complete other worksheets in this series. For more information or assistance, call MensLine Australia on 1300 78 99 78