

Give Yourself the Gift of Self Care

Self Care for Nonprofit Leaders
Ideas for Daily, Weekly, Monthly and Yearly Activities

Daily

1. Move every day - Stretch your muscles in the morning and evening and do some sort of activity (walking) for 30 minutes
2. Eat well - but not obsessively
3. Sleep well - as best you can
4. Interact with other humans without purpose and with joy (even if this is in the grocery store for one minute conversation with the person at the deli counter)

Weekly

1. Read a book, not work or personal or professional development - stories feed us
2. Volunteer or take a class or participate in some sort of group activity for fun
3. Get outside
4. Create - do something creative each week, write, color, paint, design, garden, rearrange a room in your home.

Monthly

1. Take care of your health - Make the appointment - doctor, dentist, scan or test.
2. Take care of your staff - not a formal review, but take time each month to think about how they are doing and do you need to praise them, coach them or provide other feedback to them this month?
3. Check in with your life goals/intentions
4. Check in with your personal finances

Yearly

1. Take your vacation time.
2. Review and update your life goals and intentions for the coming year
3. Review and update your resume or CV - what did you accomplish this year
4. Review your staff - they deserve to know what you are thinking