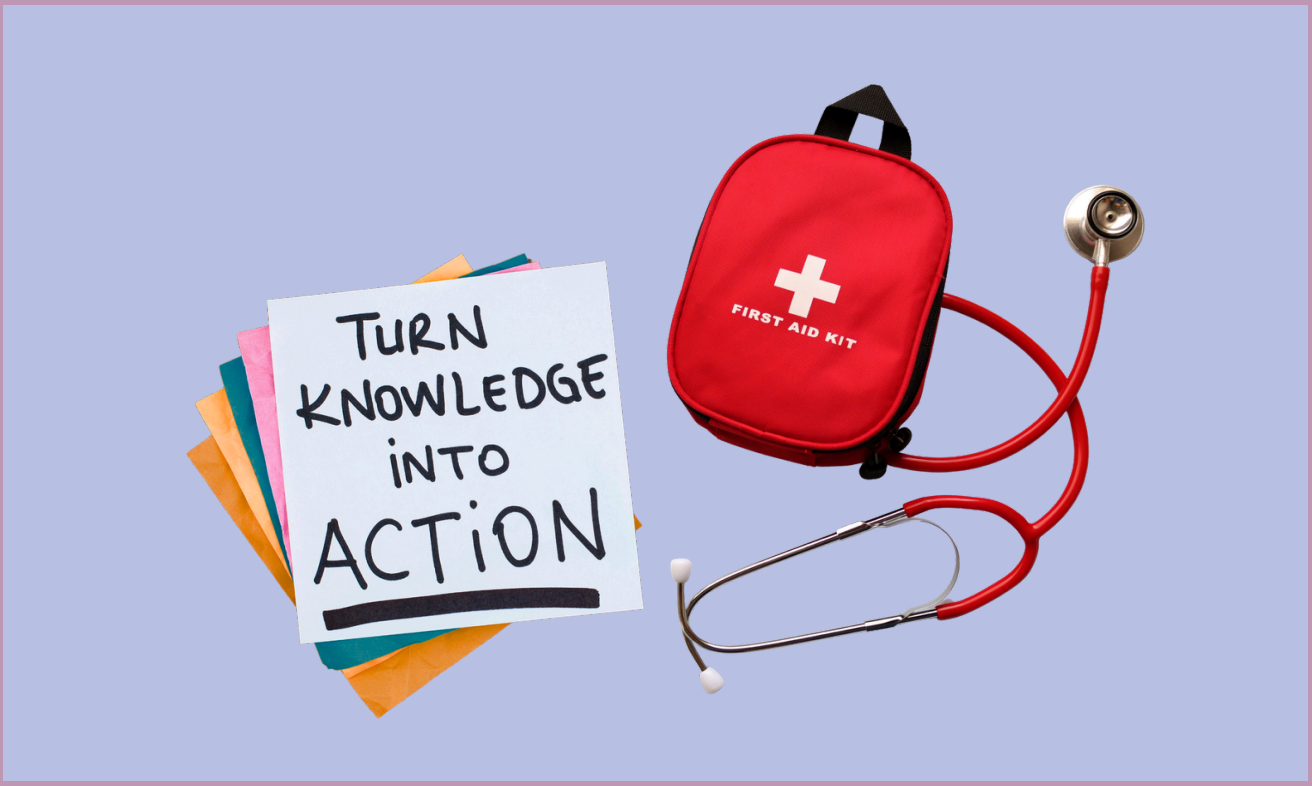


A Self-Care Action Plan: Making It Sustainable

Pulling everything together into something you'll actually use.

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CONFIDENCE | CLARITY | COURAGE
VISIT MARGARETCOLLINS.COM

Using the Self-Care Action Plan Workbook

Insight without a plan tends to fade by Friday.

This workbook is short by design — its job is to take what you've noticed about managing pressure and sustaining yourself and turn that knowledge into a small, concrete plan you can actually keep.

These are my reflections

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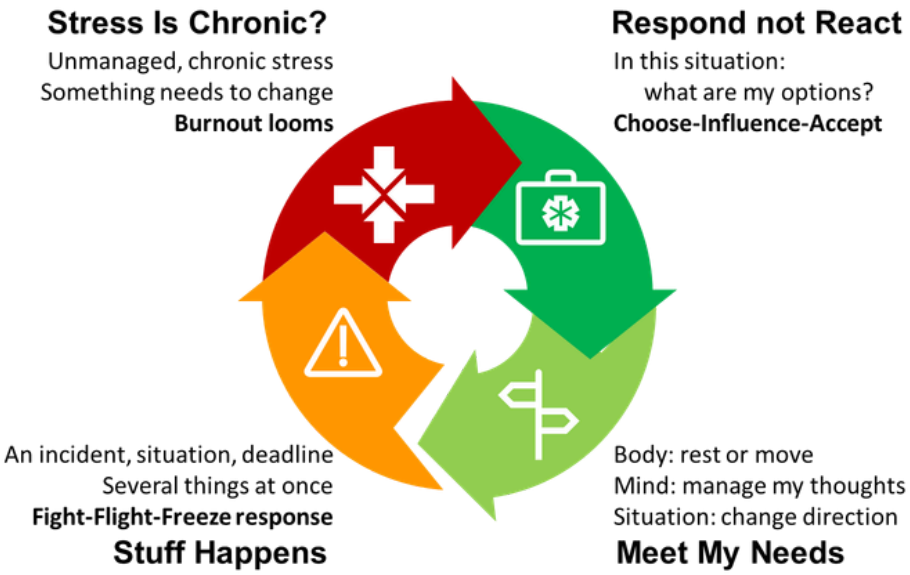
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Bringing It Together

Three lessons, one system.

Stuff happens — an incident, a deadline, several things, sometimes repeatedly — and your body responds before you've had time to think.

In Lesson 1, you found the gap between that reaction and what you do next, a tool for choosing your response rather than defaulting to reaction alone.



In Lesson 2, two levers for shifting how you feel: catching your self-talk and the beliefs underneath it, and a physical reset you can use anywhere.

In Lesson 3, you explored a set of actions that help build your resilience and complete the stress cycle, rather than carrying it forward unresolved.

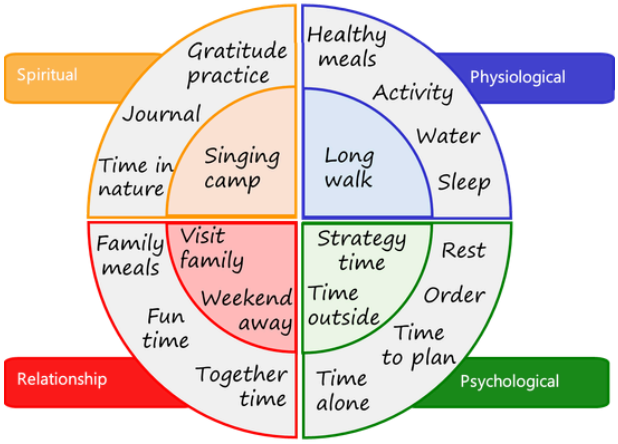
Left unmanaged, that cycle turns chronic, and burnout looms.
Managed well, it's simply how you meet what the week throws at you.

Now to create your plan!

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Self-Care, Broadly Defined

Self-care isn't one thing, and it isn't indulgence. It's a set of skills, allowing you to meet your needs across several areas of your life:



- Physiological: sleep, movement, food, rest.
- Psychological: the beliefs and self-talk from Lesson 2, your sense of progress.
- Relationship: the people you reach out to, the boundaries from Lesson 1.
- Spiritual: meaning, purpose, whatever grounds you beyond the task list.

You don't need a plan for all four at once.
One deliberate commitment in one chosen area is a genuine start.

If you realised that your stress would be reduced if you were better at setting boundaries and saying no, other resources can help (Leadership Skills has a full lesson on assertive communication).

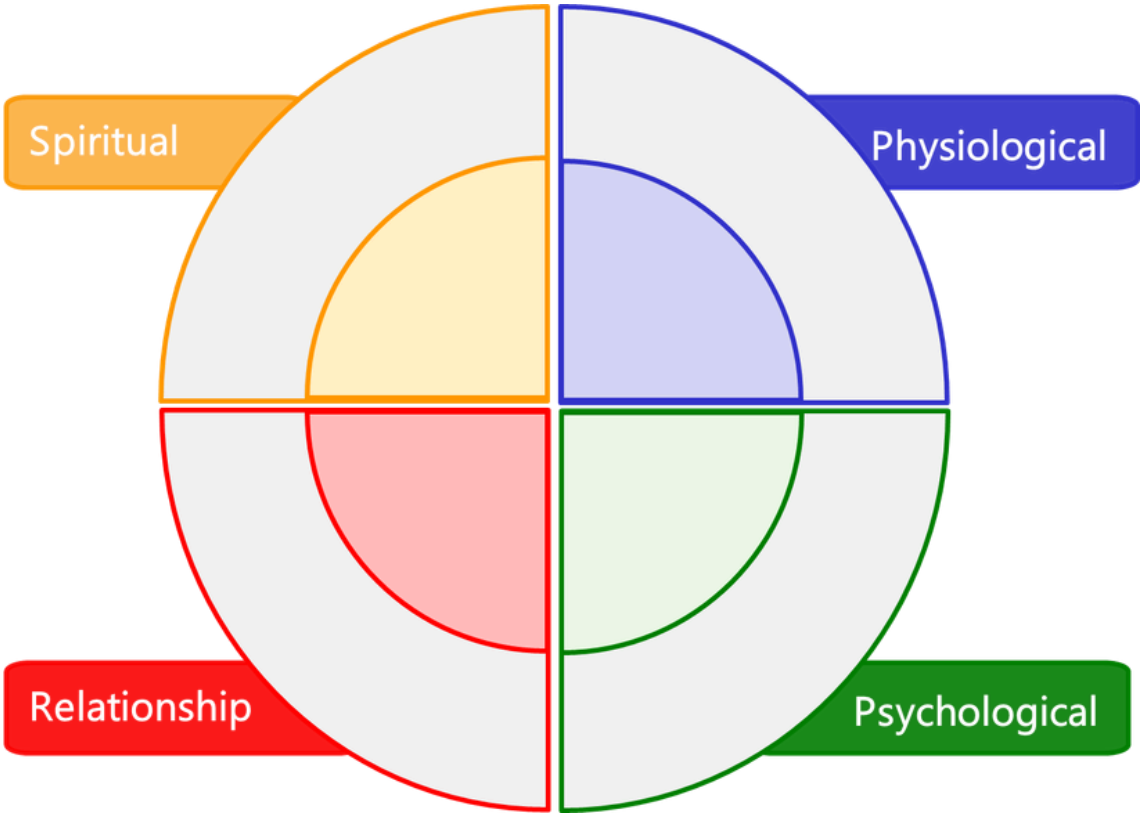
If workload and time featured heavily, Prioritising Time and Energy goes further into prioritising and protecting your time.

If one of the resilience-building suggestions aligned well with your needs, start there.

You don't need to duplicate that work here — just know where it lives.

Your One-Page Action Plan

You can choose to fill in the template with activities that work for you.
The outer circle identifies things you need daily or frequently.
The inner circle holds things you need weekly, monthly or occasionally.



One thing I'll commit to this week:

- Physiologically — a decision to eat well or move more
- Psychologically — a belief or a piece of self-talk to practise
- Relationally — maybe set a boundary, make a request, or reach out
- One thing that supports what matters to me beyond the task list

How will I know if this is working?

Reflections

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WANT MORE?



You don't need to have this fully figured out. You need one plan, one commitment small enough to actually keep, and the willingness to revisit it when it stops working.

Choosing to consciously develop your resilience and ability to manage pressure is a wise life strategy and a skill set that should make your career even more enjoyable.

I hope this content has been useful.

If you know you need more, do reach out to me. I'd love to hear from you.

You can always explore the other resources on my website.

MargaretCollins.com/

Resources

Let me know how you get on!

Margaret

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