



BECOME A WELL-BEING

Harness Self-Care for Leadership Excellence

Craft Your Personal Health Plan

Objective:

To create a personalized health plan that integrates physical self-care into your daily routine as a leader.

Instructions:

1. Set Clear Objectives:

- Define specific health goals (e.g., weight management, improved stamina, better sleep).
- Ensure your goals are SMART (Specific, Measurable, Achievable, Relevant, Time-bound).

2. Exercise Plan:

- Identify the types of physical activities you enjoy and can realistically incorporate into your schedule. [Here are 6 Simple Desk Exercises](#) you can easily incorporate into your work day. Here is a [Simple Physical Movement Routine for Beginners](#).
- Determine how many days per week you can commit to exercise and the duration of each session.
- Consider any physical limitations and how you can adapt activities to fit your needs.

3. Nutrition Strategy:

- Read [“Nourishing Your Way to Success: The Role of Nutrition in Energy, Focus, and Mindful Leadership”](#)
- Draft a weekly meal plan that includes all meals and snacks. [Here is a sample Healthy 7-Day Meal Plan](#). [Here are 15 Nutritious Snacks to Boost Energy and Focus for Mindful Leaders](#).
- List healthy food options that are both satisfying and convenient for your work environment.
- Decide on how you will prepare meals—will you cook at home, order meal prep services, or choose healthy options when dining out?

4. Rest and Recovery:

- [Read “Rest, Sleep, and Success: The Underestimated Pillar of Physical Self-Care”](#)
- Establish a target for the number of hours you aim to sleep each night.
- Note any current habits that may interfere with sleep and how you can address them. [Here's a comprehensive list of sleep hygiene practices that mindful leaders, or anyone, can use to enhance their sleep quality.](#)
- Consider relaxation techniques such as meditation, reading, or a warm bath as part of your nightly routine. Practice these meditations:
[Evening Wind-Down Reflection: A Short Guided Meditation for Mindful Leaders](#)
[Sleep Preparation: A Short Guided Meditation for Mindful Leaders](#)

5. Accountability:

- Determine how you will track your progress towards your health goals.
- Consider using a journal, app, or a buddy system with a colleague or friend to stay accountable.

6. Reflection:

- At the end of each week, reflect on what worked well and what didn't.
- Adjust your plan as necessary to better align with your goals and lifestyle.

Completion:

Upon completion of your personal health plan, take a moment to review and ensure that it is both challenging and achievable. Remember, the aim is to make self-care a sustainable part of your life, not an added source of stress. Commit to reviewing and adjusting your plan regularly as your needs and circumstances change.