

Developing a self-and collective care plan

This worksheet is part of the larger exercise to develop you and your co-lead's self- and collective care plan. Please go through the first steps in the toolbasket, then complete the table.

Complete the first two rows individually. Then, with your co-leads, bring this plan as well as an image, quote or poem that represents self or collective care to you. Together, complete the third row, dreaming of shared practices, experiences and rituals that you can try together.

	What nourishes you and brings you joy?	For each, how are you currently creating space and time for this?	For each, how could you create more space and time for this?
Professional life	★ ★ ★	★ ★ ★	★ ★ ★
Personal life	★ ★ ★	★ ★ ★	★ ★ ★
As co-leads	★ ★ ★	★ ★ ★	★ ★ ★