

**Activities**

1. **A. List three things that currently bring you joy in your position or team**

**B. List three things that COULD bring you joy in your position or team if they were adjusted**

2. **Create a SMART goal around Self-Care conversation with your supervisor**  
**Specific-**

**Measurable-**

**Actionable-**

**Realistic-**

**Timely-**

**Notes**

- 3. ACTIVITY:**
- Using the IHI framework, brainstorm 5-7 activities you can incorporate on your team in the next 6 months.
  - Assign the items the appropriate Effort/Impact level

<b>Senior Leaders</b>	<ul style="list-style-type: none"> <li>• Safety</li> <li>• Meaning &amp; Purpose</li> <li>• Choice &amp; Autonomy</li> <li>• Recognition &amp; Rewards</li> </ul>
<b>Managers &amp; Core Leaders</b>	<ul style="list-style-type: none"> <li>• Camaraderie &amp; Teamwork</li> <li>• Participative Management</li> </ul>
<b>Individuals</b>	<ul style="list-style-type: none"> <li>• Real-Time Data Measurement</li> <li>• Resilience &amp; Wellness</li> <li>• Daily Improvement</li> </ul>

<b>HIGH EFFORT/ LOW IMPACT</b>	<b>HIGH EFFORT/ HIGH IMPACT</b>
<b>LOW EFFORT/ LOW IMPACT</b>	<b>HIGH EFFORT/ LOW IMPACT</b>

- 4. ACTIVITY**
- Proactively identify 1-2 barriers you may experience in introducing the activities you identified in Activity 3
  - Brainstorm potential solutions or alternatives

- 5. ACTIVITY :**
- Identify 1-2 peers or colleagues who would be interested in supporting a self-care community with you. Write their names here
  - Take this time to schedule a meeting with them (or assign yourself this task for after the conference)

NAME	Meeting Scheduled?	Date