Coaching Minds



FREE COACHING TOOL

Coach *Self Care Plan*

Look after the person doing the coaching, with a simple plan for your own wellbeing.

Editable PDF | Type straight into the boxes | Save and reuse with every client

THE CONCEPT

Our Self *Care Plan*

A self care plan is a personalised and proactive tool designed to help you maintain your mental, emotional and physical wellbeing. It encourages reflective practice, regular self awareness and the development of healthy habits that support sustainable coaching.

By identifying stressors, setting clear boundaries and outlining practical strategies for balance and recovery, a self care plan helps you to stay grounded, resilient and ethically aligned in your work.

> **We have designed this for you to use as a coach, but you can always create your own branded version as a tool for the clients in your coaching practice.**

The seven sections

1. Your self care vision
2. Emotional check in
3. Daily and weekly self care habits
4. Coaching boundaries
5. Support system
6. Self reflection commitments
7. Coaching self care affirmations

SECTION 1

Your self care *vision*

Work through the questions to design your self care plan and build your personal resilience.

- What does a healthy, balanced you look like in your coaching practice?
- What does self care mean to you personally?
- How do you know when you are thriving as a coach?
- What are three words that describe your ideal state of wellbeing?

Write your self care vision

SECTION 2

Emotional *check in*

Identify your emotional triggers, your signs of stress and burnout, and your recovery strategies.

Prompt	Your thoughts
What signs tell you that you are becoming overwhelmed?	
How do you typically react under prolonged stress?	
What coaching scenarios drain you emotionally?	
What healthy activities help you reset and recover?	

SECTION 3

Daily and weekly *self care habits*

Fill in the self care strategies you already practise, and those you would like to start, across each area.

Area	Current practice	New practice
Physical		
Emotional		
Mental		
Spiritual		
Social		

SECTION 4

Coaching *boundaries*

Use this section to reflect on and define your professional boundaries.

My working hours are:

I check emails or client messages:

I will say no when:

I will refer a client when:

I will step away or pause coaching when:

SECTION 5

Support *system*

List the people and resources that support your wellbeing as a coach.

Area	Person or resource	How they help you
Supervision		
Peer support		
Mental health		
Professional network		

SECTION 6

Self reflection *commitments*

Use this section to capture your commitments to self care.

I will reflect on my wellbeing:

- [ ] Daily
- [ ] Weekly
- [ ] Monthly
- [ ] After every session

I will use the following tools for reflection:

- [ ] Journal
- [ ] Voice notes
- [ ] Supervision
- [ ] Wellbeing tracker

I know it is time to adjust my self care plan when:

SECTION 7

Coaching self care *affirmations*

Write or choose affirmations that support your boundaries and your wellbeing. Here are three examples.

"It is okay to pause and protect my energy."

"Rest is part of sustainable service."

"I serve best when I am resourced."

Write your personal affirmations

Commit to your self care

I commit to reviewing this plan regularly and honouring my wellbeing as part of my professional practice.

Signature **Date**