

Field of Flourishing 5

Relationships

Questions to Guide Your Plan:

What are my top five relationships?

What relationships are not two sided?

What relationships leave me feeling sucked dry?

What relationships fill me up?

Who are the people whose presence fills my cup?

Who are other foster parents I'm interacting with regularly?

How am I connecting with my spouse/significant other?

How am I connecting with each of my kids one-on-one?

*An empty tank will take you nowhere.
Take time to refuel.*

Field of Flourishing 6

Supports/Systems/ Simplifiers

Questions to Guide Your Plan:

What can I outsource to make my life easier?

What areas of my home can be simplified and streamlined?

What help is available from the state/my licensor?

Who are some people who really want to help out?

More is caught than taught. Teach your children how to take good care of themselves by taking good care of yourself.

Field of Flourishing 1

Heart/Soul/Mind Intentions

Questions to Guide Your Plan:

What inspires me?

What motivates me?

What are my intentions for each day?

What are some things that soothe me?

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NEW SELF CARE PLAN
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Field of Flourishing 2

Nutrition

Questions to Guide Your Plan:

Am I eating foods that merely soothe, or am I eating to fuel my body?

How will I get fresh fruits and veggies each day?

How will I make sure I stay hydrated?

Am I getting enough fiber and protein?

“Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.”

— Parker Palmer, *Let Your Life Speak: Listening for the Voice of Vocation*

Field of Flourishing 3

Physical Rhythms of Exertion & Rest

Questions to Guide Your Plan:

How much sleep do I need to be at my best?

What is one act of exercise I can do every day?

What time do I need to go to bed to ensure adequate rest?

What's a goal I could work toward to achieve better physical rhythms?

Field of Flourishing 4

Tools

Questions to Guide Your Plan:

What are some books, podcasts, classes, webinars, etc. that help me grow?

What areas do I want to grow in (i.e. positive parenting, trauma-informed care, self care, time management, productivity, etc.)?

When will I carve out time to sharpen my tools throughout my week?

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