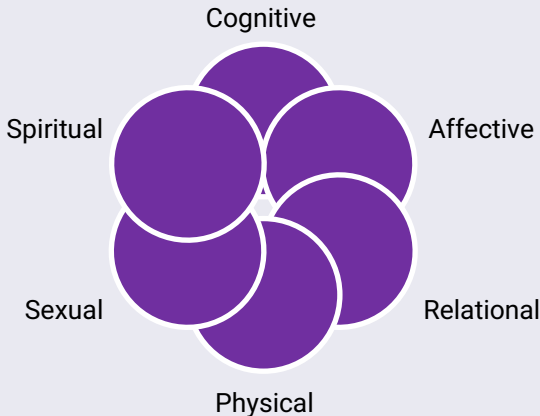


To be Inspired and Inspiring: Self Care Plan



Cognitive _____

Physical _____

Affective _____

Sexual _____

Relational _____

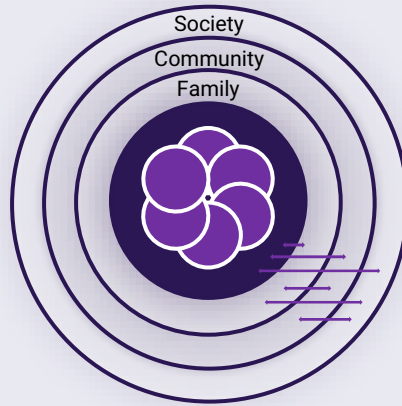
Spiritual _____



SisuVantage

Comprehensive Model of Self Assessment

CONTEXTUAL IMPACTS



Family _____

Donor Community _____

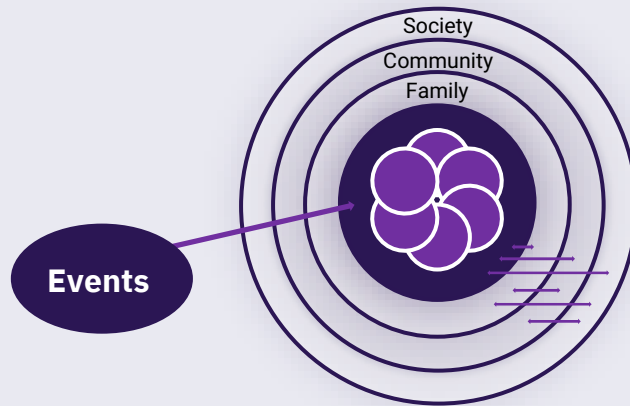
Society _____



SisuVantage

Comprehensive Model of Self Assessment

EVENT IMPACTS



Events _____

Self Impacts _____

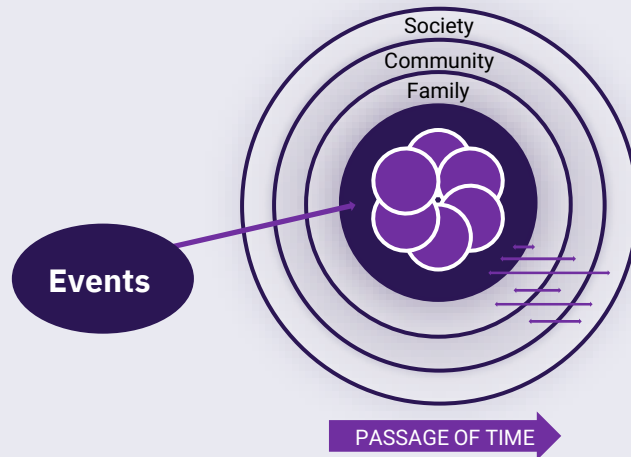
Context Impact _____



SisuVantage

Comprehensive Model of Self Assessment

PASSAGE OF TIME IMPACTS



Previous _____

Current _____

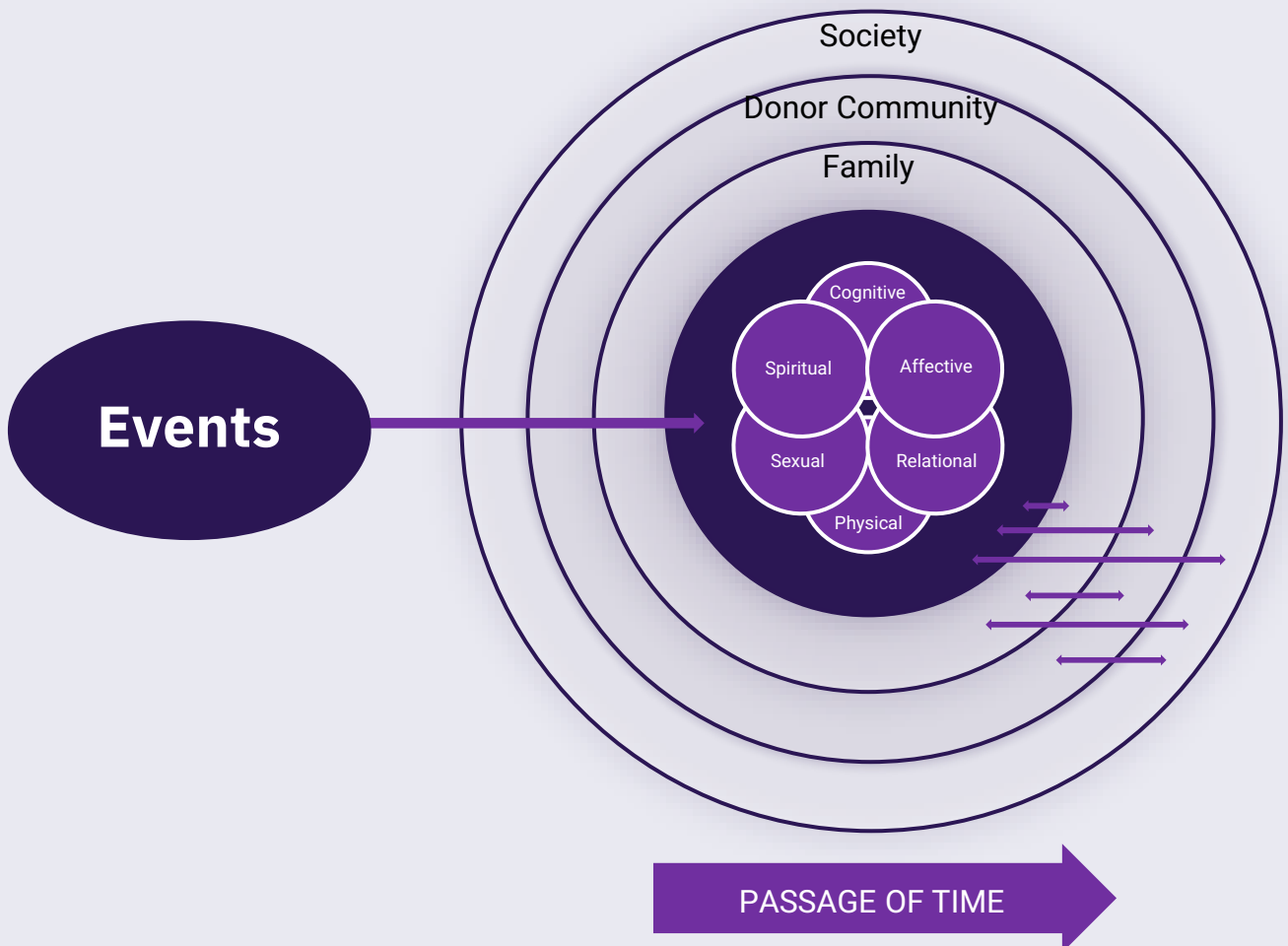
Future _____



SisuVantage

Comprehensive Model of Self Assessment

To be Inspired & Inspiring



COMMITMENTS

To be Inspired & Inspiring: Self Care Plan



Daily:

Going forward to be inspired and inspiring I commit to the following self-care choices:

Weekly:

Going forward I commit to the following self-care choices:

- Cognitive
- Affective
- Relational
- Physical
- Sexual
- Spiritual

Monthly:

Going forward, every month I will commit to the following self-care choices:

I will commit to regular check-ins with my I & I partner: _____.

Signed: _____ Date: _____