WELL-BEING CARD

Your plan for the harder days

Inspire Nurse Leaders
Great leaders, great outcomes.

Being intentional about well-being means planning ahead for the days when the good is hard to find. Fill out this card on a calm day, so when stress hits, you will not have to think. You will just have to look.

Complete it calmly
Choose a quiet moment when you can reflect honestly.

Keep it close
Snap a photo for your phone, or keep it at your desk or badge.

Revisit it often
Update it as your people, habits, and stressors change.

1 What helps me

What I can do when I am upset that will be good for me:

1 _____

2 _____

3 _____

4 _____

2 Who I can reach

People I can contact for support or distraction:

1 _____

2 _____

3 _____

4 _____

3 What I tell myself

Positive things to say when my inner critic is giving me a hard time:

1 _____

2 _____

3 _____

4 _____

4 What I avoid

Who and what to avoid when I am having a stressful time:

1 _____

2 _____

3 _____

4 _____

Inspire Pearl: Build your well-being plan before you need it. A plan made in calm is a lifeline in a storm.

An activity from the Inspire Nurse Leaders® Leading Well-Being workshop.
© 2026 Inspire Nurse Leaders. Shared for personal use.

Inspire Nurse Leaders
Great leaders, great outcomes.