

Sustainability Plan

Use this space to reflect on what areas of your life might need attention to help manage compassion fatigue and make your passion for helping animals more sustainable.

Boundaries I Want to Set (or strengthen):

What personal or professional lines need to be drawn or enforced to protect your energy?

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My Go-To Coping Skills:

What healthy coping skills help when things start to feel heavy? These could be practical, emotional, physical, spiritual, etc.

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My Support System:

Who can you call, text, or talk to when you're struggling? Include animals if they help!

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My Mission or “Why”

Remember three reasons you got into this work in the first place.

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Warning Signs I’m Heading Toward Burnout

What are the red flags or early warning signs that signal you are starting to burn out?

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