

My Self Care Plan



My Name: _____

Identify things you will do to relax, have fun, and enjoy yourself. Also think about how frequently you will do these things.
Identify who you are going to spend these times with. Identify positive connections in your life.
What else can you do to keep yourself physically, mentally, and spiritually balanced?
Who will you share this self-care plan with? Please try to share it with someone who will ensure you take responsibility for your plan, someone who will understand the importance of implementing it regularly.