



HOPE HAVEN

Dementia Support with Heart

Self-care Planner

WRITE 3 GOALS IN EACH BOX TO TAKE CARE OF WONDERFUL YOU

**PHYSICAL
HEALTH**

**MENTAL
HEALTH**

**SPIRITUAL
HEALTH**

**PEOPLE I WILL
ASK TO HELP ME**

**THINGS TO
REMEMBER :**

**I AM
GRATEFUL
FOR:**

