

My Self-Care Plan Worksheet

Consider what you do now for self-care and list those activities within each type of self-care on this worksheet. Identify new strategies that you will begin to incorporate as part of your ongoing maintenance self-care plan – pay particular attention to areas that you are not currently addressing. On the last page identify barriers that might interfere with ongoing self-care, how will you address these barriers, and list any negative coping strategies you would like discontinue.

Current practice: <u>MIND</u> New practice:	Current practice: <u>BODY</u> New practice:
Current practice: <u>EMOTIONS</u> New practice:	Current practice: <u>SPIRIT</u> New practice:
Current practice: <u>WORK</u> New practice:	Current practice: <u>RELATIONSHIPS</u> New practice:

