

# My Self Care Plan

This Plan Belongs to: \_\_\_\_\_ Start Date: \_\_\_\_\_

I am most proud of:	
I am grateful for:	

## Areas of Wellness

### Health Behaviors

## What I typically do to feel better:

### Healthy / Positive

### Unhealthy / Negative

#### Mind

Includes thoughts, emotions, feelings, beliefs, etc.

#### Mind / Emotions

<input type="checkbox"/>	Ex. Meditate, meet with a Life Coach...
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

#### Mind / Emotions

<input type="checkbox"/>	Ex. Binge-watch violent programs...
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

#### Body / Physical

Includes nutrition, exercise, safety (wearing seat helmets, Personal Protective Equipment [PPE]), etc.

#### Body

<input type="checkbox"/>	Ex. Walk, stretch...
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

#### Body

<input type="checkbox"/>	Ex. Overeat, drink excessively, etc.
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

#### Spirit

Includes connecting with a higher power and oneself, exploring one's purpose, etc.

#### Spirit

<input type="checkbox"/>	Ex. Attend a religious/spiritual service...
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

#### Spirit

<input type="checkbox"/>	Ex. Dwell on negative events/karma...
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

#### Relationships

Includes trusting and having realistic expectations about others, communicating, etc.

#### Relationships

<input type="checkbox"/>	Ex. Attend a Zoom party...
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

#### Relationships

<input type="checkbox"/>	Ex. Avoid friends, try to change mates...
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

#### Work / Vocation

Includes learning new skills, exploring career options, applying talents to meaningful work, etc.

#### Work / Vocation

<input type="checkbox"/>	Ex. Participate in a skills-building webinar...
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

#### Work / Vocation

<input type="checkbox"/>	Ex. Skip lunch during an 8-hr shift...
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

#### Financial

Includes having access to money management tools, recognizing emotional spending habits, etc.

#### Financial

<input type="checkbox"/>	Create/stick to a grocery list, address debt...
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

#### Financial

<input type="checkbox"/>	Ex. Shop impulsively, gamble...
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

# Actions / Goals

Be specific! Make sure they're realistic and achievable.

## Areas of Wellness

### Health Behaviors

## Areas of Wellness I plan to work on:

(Specify 1 - 3 health behaviors you plan to focus on or new practices you plan to adopt.)

### Mind

Includes thoughts, emotions, feelings, beliefs, etc.

I will complete this on (date/timeframes): \_\_\_\_\_

### Body / Physical

Includes nutrition, exercise, safety (wearing seat helmets, Personal Protective Equipment [PPE]), etc.

I will complete this on (date/timeframes): \_\_\_\_\_

### Spirit

Includes connecting with a higher power and oneself, exploring one's purpose, etc.

I will complete this on (date/timeframes): \_\_\_\_\_

### Relationships

Includes trusting and having realistic expectations about others, communicating, etc.

I will complete this on (date/timeframes): \_\_\_\_\_

### Work / Vocation

Includes learning new skills, exploring career options, applying talents to meaningful work, etc.

I will complete this on (date/timeframes): \_\_\_\_\_

### Financial

Includes having access to money management tools, recognizing emotional spending habits, etc.

I will complete this on (date/timeframes): \_\_\_\_\_

## What gives you peace?

*This is what gives me peace...*

Review this Self Care Plan often, adjust your goals when needed, and stay committed to the journey. When you've completed your goal within the timeframe(s) you specified (a particular date, month or season), **congratulations!** Save this Plan and start a new one!