Self-Care Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I will care for							
my body by:							
I will care for							
my spirit by:							
I will care for							
my mental health by:							
I will care for my need for							
social connection by:							
I am deserving of:							
I will treat myself to:							
I will show myself love by:							
Today I am grateful for:							