



Self-Care Plan



ROLLING HILLS
COUNSELING, LLC

Mind



My current practice is

One or two practices I want to develop are

Emotions



My current practice is

One or two practices I want to develop are

Relationships



My current practice is

One or two practices I want to develop are

Work / School



My current practice is

One or two practices I want to develop are

Body



My current practice is

One or two practices I want to develop are

Spirituality



My current practice is

One or two practices I want to develop are
