



# My Self-care Plan



## 3 Self-care Activities:

- ◆ .....
- ◆ .....
- ◆ .....

## Time Management Tips:

- ◆ .....
- ◆ .....
- ◆ .....

## My To-Do List:

- ◆ .....
- ◆ .....
- ◆ .....

## Activities To Avoid:

- ◆ .....
- ◆ .....
- ◆ .....

## Today's Goal

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## My Empowering Words:

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## "I Am..." Statement

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