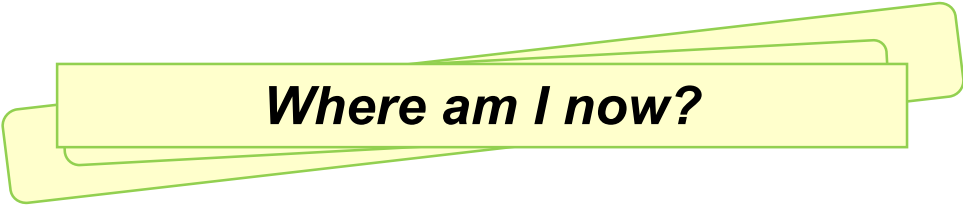


Self Care Plan



Name:



Where am I now?

What am I good at?

What do I need to work on?

What could help me along?

What could stop me?

Where do I want to be?

What is my vision or long-term goal for self care?

How will I get there?

Here are a few areas of focus I've selected that are achievable for me at this juncture in my life as I map out my course of self care.

Self Care Focus Area:

What action will I take to address this focus area? (What, when and how)

What supports, resources and tools will I seek and utilize?

How will I measure and reward my efforts?



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What supports, resources and tools will I seek and utilize?

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Additional Self Reflection

This is my self reflection and/or affirmation to help remind myself that my self care is a priority in my life.