

# My Self-Care Plan

Date:    /    /

## Physical Health

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## Mental Health

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## Relational Health

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My **focus** for this (circle one) week/month is:

The **TIMES** that work best for me: \_\_\_\_\_

The **DAYS** that work best for me: \_\_\_\_\_

## My **GOAL**:

My 3 biggest supporters:

- 1.
- 2.
- 3.

They can support me in my self-care practice by **telling me:**

- \_\_\_\_\_
- \_\_\_\_\_

My support network can help ensure I take time for self-care by:

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Checklist:     Goal set!                       Support network informed  
                   Calendar blocked             Tasks delegated