

Self-Care Action Plan

I'll make time to take care of myself by taking these actions.....

Once a day, Once a week, Once a month or Whenever I need it

Physical-	Psychological-
Emotional-	Spiritual-
Workplace/Professional-	

Overall Balance-How am I feeling right now? _____

What are some obstacles that may hinder me from implementing my plan? (In any area)

What negative strategies do I need to avoid implementing my plan? _____

What can I do to hold myself accountable for implementing my plan? _____

When do I need to implement my plan? _____

Who can I count on to help me implement my plan? _____

When implementing my plan I will feel? _____
