SELF-CARE PLAN

Your **Mind**, **Body** and **Spirit** are all connected to maintain overall well-being. Becoming aware of what your needs are is a great starting point for self-care. Use this worksheet to create a plan that works for you. Write your answers in the bubbles and place this sheet in a space where you can see it daily. Come back to it and make changes as your needs change.

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**Body:** What kind of activities would help you take care of your body?

**Mind:** What kind of activities would help you take care of your mind?

**Spirit:** What kind of activities lift your spirit, or make your soul come alive?

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Now think of supportive people in your life you can count on, list them.

What do you want to accomplish by fulfilling these self-care needs? These are unique to you and can be short-term or long-term.

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People Who Will Support Me:

I Want to Accomplish: