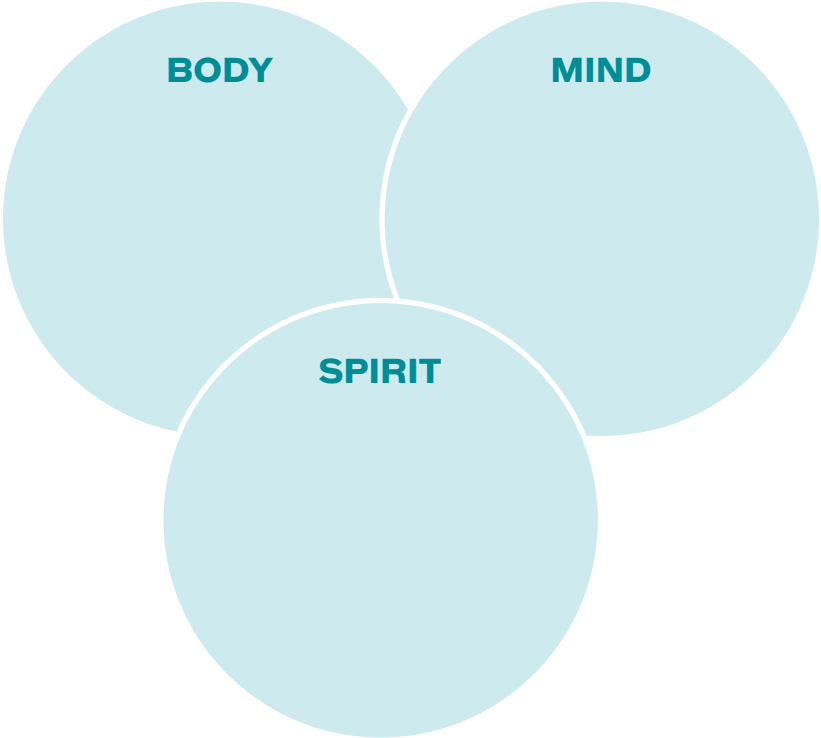


# SELF-CARE PLAN



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.

.....

*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?

.....

People Who Will Support Me:

I Want to Accomplish:

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.