

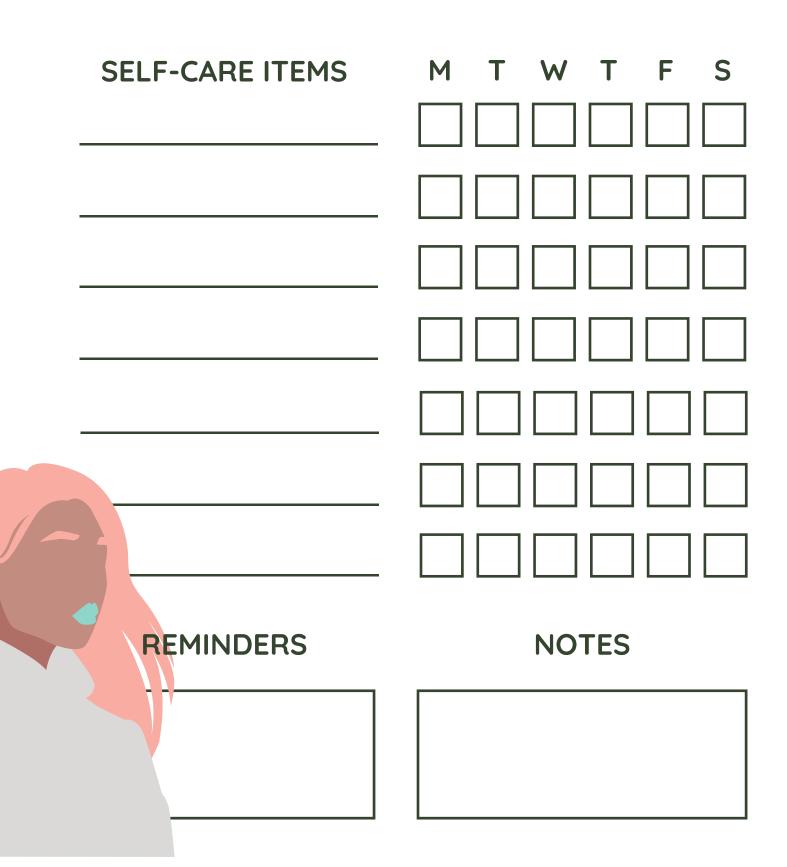
CREATING YOUR SELF-CARE PLAN

Printable worksheets to help you organize and prioritize self-care

Weekly Self-Care checklist

SELF-CARE ITEMS	M T W T F S
Drink 64 ounces of water	
Exercise	
Get 7-9 hours of sleep	
Eat 3 well-balanced meals	
REMINDERS	NOTES

Weekly Self-Care checklist



MY SELF-CARE PLAN

Directions: Fill out your weekly self-care goals.

DATES	GOAL
PHYSICAL SELF-CARE	SPIRITUAL SELF-CARE
LIFESTYLE	SUPPORT SYSTEM
MENTAL/EMOTIONAL SELF- CARE	NOTES