

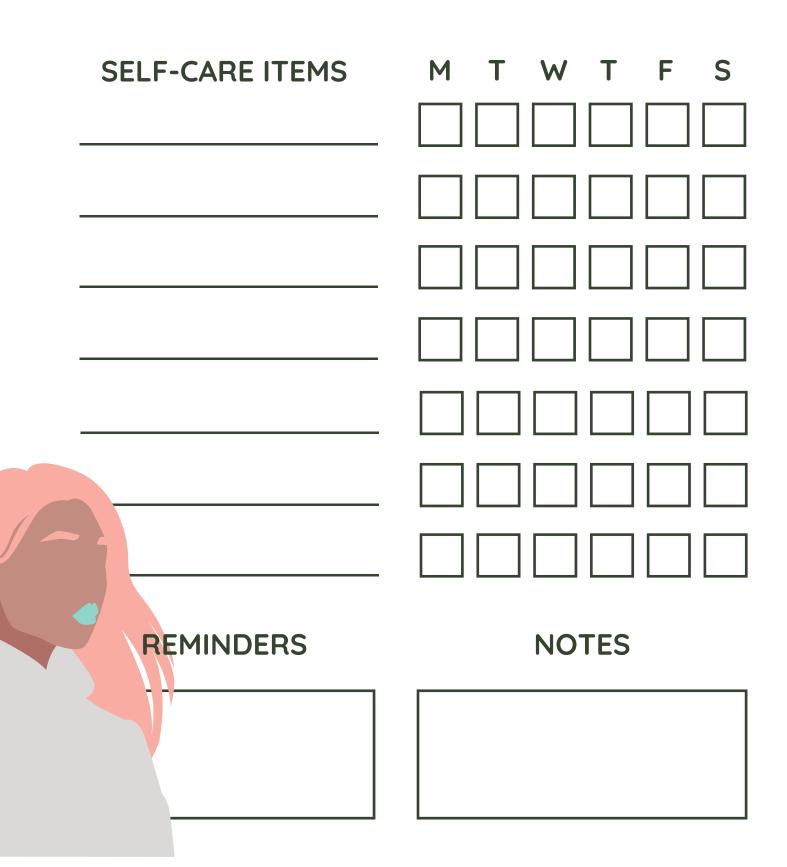
CREATING YOUR SELF-CARE PLAN

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 |