




Self-Care Plan Template

_____’s Self-Care Plan

<p> Body</p> <p>Goal:</p> <ul style="list-style-type: none"> • Priority 1: <ul style="list-style-type: none"> ○ Action 1: ○ Action 2: ○ Action 3: • Priority 2: <ul style="list-style-type: none"> ○ Action 1: ○ Action 2: ○ Action 3: 	<p>Support Systems or People:</p> <p>Resources:</p> <p>Celebrations:</p>
<p> Mind</p> <p>Goal:</p> <ul style="list-style-type: none"> • Priority 1: <ul style="list-style-type: none"> ○ Action 1: ○ Action 2: ○ Action 3: • Priority 2: <ul style="list-style-type: none"> ○ Action 1: ○ Action 2: ○ Action 3: 	<p>Support Systems or People:</p> <p>Resources:</p> <p>Celebrations:</p>
<p> Soul</p> <p>Goal:</p> <ul style="list-style-type: none"> • Priority 1: <ul style="list-style-type: none"> ○ Action 1: ○ Action 2: ○ Action 3: • Priority 2: <ul style="list-style-type: none"> ○ Action 1: ○ Action 2: ○ Action 3: 	<p>Support Systems or People:</p> <p>Resources:</p> <p>Celebrations:</p>