

## Self-Care Plan

Use this template to create your own self-care plan. Check back regularly to see how things are going, and assess whether you need to make any adjustments to your plan. You may consider sharing some goals with friends, family, or colleagues if it is useful to have their support and encouragement.

Based on your responses to the self-care self-assessment, list one to two things in each area that you already do frequently and one to two things that you would like to try out or do more of to take care of yourself. Then, choose three to five things from your list that you can make a commitment to doing in the next month.

Area	Already Do	Would Like to Do
<b>BODY</b> 		
<b>MIND</b> 		
<b>EMOTIONS</b> 		
<b>RELATIONSHIPS</b> 		
<b>SPIRIT</b> 		
<b>WORK</b> 		