

# MY SELF-CARE ACTION PLAN:

DATE:



> Things I'm already doing well when it comes to self-care:

> When it comes to self-care, I want to be better about:

> I commit to taking the following action to improve my self-care over the next week:

- I need the following support to make this happen:

> I commit to taking the following action to improve my self-care over the next month:

- I need the following support to make this happen:

Put a reminder in your calendar for a month from today to re-visit this action plan to see how you did.

Did everything on your list, congratulations! Do this exercise again for the next month.

If you didn't, that's okay too! This is a learning process. Every step you take will be worth the effort in the long run. Take a minute to reflect on your month, figure out what went awry.

How can you boost resources and put support in place to help you achieve your action plan in the next month?