



# SELF CARE PLAN

CREATE SPACE FOR YOURSELF

By taking care of  
myself I hope to  
feel...

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Physical

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Mental

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Emotional

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Spiritual

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What might get  
in the way?

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How I'll work  
around it

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# MY SELF CARE PLAN

CREATE SPACE FOR YOURSELF



## HERE'S HOW THIS WORKS

**Physical Self-Care** - Tending to your physical body to help keep you healthy, energized and confident

**Mental Self-Care** - Anything that helps you to clear, grow or shut off your mind

**Emotional Self-Care** - Coming back to the present moment and releasing or letting go of emotions

**Spiritual Self-Care** - Having a greater sense of perspective beyond the day-to-day of life

For each category above, write down at least one activity that you can incorporate into your daily life. You might notice something like doing yoga falls into all 4 categories, that's a bonus! It is important to create a self-care plan that is individual to you. No one else can tell you what to put in these boxes. Fill your self-care plan with things that truly bring you joy and help you find inner calm. Be sure to add any activities that are special to you and fully support your well being.

For the last two boxes, really dig deep. If lack of time is blocking you, ask yourself, "Why am I not making the time for myself?"- How you might work around that could be choosing to get up earlier in the morning. If your phone is a major distraction and time waster, have a dedicated time each day where you put your phone down in another room or turn it off.

Keep your Self Care Plan in a place where you can see it every day. Keeping it visible will help keep you accountable. You can also share it with your friends and family so they can support you in your new goals for self-care.

Stick to your plan and practice these activities regularly. If all you're doing is 'thinking' about doing yoga, that isn't enough. You need to take inspired action and just do it!

Re-assess how you are doing at the end of one month and then three months. Plans can take over a month to become habits, so check-in and be realistic about your own self-care plan. After a while, come back and complete the self-care assessment again to find out how you are doing with your new habits and if there is anything new you would like to add.

Once you've created this commitment to yourself, you'll see how wonderful it truly is! It will enhance your self confidence, your mood, the quality of your life and your relationships with others. You'll be sure to continue to carve out some special time for yourself!

