



Activity 5b

Self-Care Plan Worksheet

Objective:

- Using the completed Self-Care Assessment, choose one to two items from each area to actively work to improve.

Steps:







- Print one *Self-Care Plan Worksheet* for each participant.
- Participants should take time to consider the steps they should take to achieve better self-care.






Self-Care Plan Worksheet

Take a few moments to reflect on the results of the Self-Assessment.

List one to two strategies you can employ in each category that you will actively work to improve:

 Physical	Improving my body
 Psychological	Dealing with my feelings in a healthy way
 Emotional	Improving my mind
 Spiritual	Gain perspective in my life
 Workplace	Finding satisfaction in my work
 Balance	Strive for balance

Bonus: Set a couple of goals in each of the areas below:

 Financial	Spending and saving responsibly
 Environmental	Occupying positive places and spaces
 Social	Relating to others and the world around me