

# SELF-CARE PLANNER

## 5 STEPS TO CREATE A SELF-CARE PLAN

1. List the self-care habits you are currently using.
2. List the self-care habits you are not currently using but would like to try.
3. Identify the roadblocks preventing you from practicing those habits.
4. Come up with solutions to remove the roadblocks.
5. Review the self-care habits you wrote down for item 2. Pick one of the habits you would like to begin practicing and complete the sentences below. Today, I commit to... I want to do this because... I will accomplish this by...

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## 4 Areas of Self-Care

### PHYSICAL

Examples: Eat healthy, exercise regularly, get plenty of sleep

### PSYCHOLOGICAL

Examples: Write in a journal, self reflect, try new things

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## SPIRITUAL

Examples: Spend time in nature, find a spiritual connection

## EMOTIONAL

Examples: Spend time with friends and family, love yourself