

My Self-care Plan

Look over the Self-Care Assessment you completed, which includes what you are doing now for self-care. On this care plan worksheet, list those activities you engage in regularly (daily/weekly) under "currently practicing" within each domain. List areas of needed improvement. Finally, identify new strategies you would like to begin to incorporate as part of your ongoing plan. Pay close attention to the areas you have not been attentive to in the past.

	Currently Practicing	Identified Areas of Needed Improvement	What I Want to Do to Improve My Self-Care
Physical Self-Care			
Psychological Self-Care			
Emotional Self-Care			
Spiritual Self-Care			
Caregiving/Parenting Self-Care			