

(Daily) Self-Care Plan of Action



SELF-CARE ACTIVITIES I WILL TRY THIS TODAY

PHYSICAL

EMOTIONAL

MENTAL

(Weekly) Self-Care Plan of Action

SELF-CARE ACTIVITIES I WILL TRY THIS WEEK

PHYSICAL

EMOTIONAL

MENTAL

(Monthly) Self-Care Plan of Action

SELF-CARE ACTIVITIES I WILL TRY THIS MONTH

PHYSICAL

EMOTIONAL

MENTAL
