

(Daily) Self-Care Plan of Action



SELF-CARE ACTIVITIES I WILL TRY THIS TODAY

PHYSICAL

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EMOTIONAL

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MENTAL

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(Weekly) Self-Care Plan of Action

SELF-CARE ACTIVITIES I WILL TRY THIS WEEK

PHYSICAL

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EMOTIONAL

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☐

MENTAL

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(Monthly) Self-Care Plan of Action

SELF-CARE ACTIVITIES I WILL TRY THIS MONTH

PHYSICAL

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EMOTIONAL

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MENTAL

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