

# Self Care Plan

*Things I can do to take care of myself...*

## Physical

1. \_\_\_\_\_

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2. \_\_\_\_\_

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## Emotional

1. \_\_\_\_\_

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2. \_\_\_\_\_

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## Personal

1. \_\_\_\_\_

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2. \_\_\_\_\_

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# Workplace

1. \_\_\_\_\_

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2. \_\_\_\_\_

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