



# Self-Care Worksheet



For each category below, choose at least one strategy that you can and want to try. It is important to develop a self-care plan that is individual to you.



## MIND

When/where/how will I engage in this activity?

## BODY

When/where/how will I engage in this activity?

## EMOTIONS

When/where/how will I engage in this activity?

## SPIRIT

When/where/how will I engage in this activity?