



Self-Care Plan

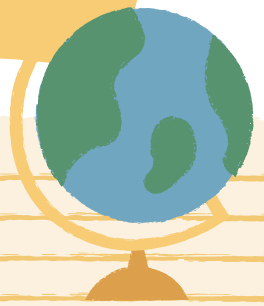
MY QUARTERLY SELF-CARE PLAN

5 feelings I choose to live by in my everyday life

Habits to start

Habits to stop

My non-negotiable weekly
hours of self care practice





Self-Care Plan

INSTRUCTIONS

You can use this self-care plan in your own rhythm: weekly, every two weeks or monthly. If you use it regularly you may see a change in your feelings or your habits. You can use this plan on a personal or professional note, wherever you need it.

5 feelings I choose to live by in my everyday life

Here are some examples of feelings:

acknowledged, adventurous, alive, amazing, intelligent, interested, helpful, excited, curious, daring, confident, challenged, fearless, fascinated, engaged, motivated, playful, powerful, proud, secure, supported, strong, useful, innovative, independent, peaceful, connected, comfortable, caring, awesome, balanced, gentle, awake, attentive, blessed, fulfilled, helpful, joyful, loving, poetic, present, quiet, secure, satisfied, vulnerable, warm, understanding

Habits to start

Habits to stop

What are habits you would like to stop or start in order to promote your mental health or well being? For example, start swimming or stop biting your nails.

My non-negotiable weekly hours of self-care practice

In order to take care of your mental health, what self care practice would you like to engage in? You can decide upon the hours of practice, whatever feels good for your mental health.

