

Self-Care Plan Worksheet

Some people like to establish priorities for healing to help them stay focused on their personal aspirations and well-being. It is important to remember that these goals are not always reached directly. Often you take a "few steps forward" and then a "few steps back" as you work to reach a goal.

Things I can do that will make me feel good about myself each day:

What I can say to myself when I am having a difficult time:

What I should avoid doing when I am having a hard day:

People I can call when I need support or I am having a hard day:

What I can do (that is good for me) when I feel overwhelmed or upset

Support Network names and numbers:
