

#1: Create an activity list organized around different parts of your life (e.g. work, physical fitness, emotional life, relationships/community)

#2: Note any barriers that may be in your way and how to shift them.

SELF-CARE PLAN BASICS

#3: Print out your plan, or write it on a piece of paper to display in your room or office. Share your plan with your closest friends.

Encourage them to create their own plan and share it with you!

Source:
mindful.org



Activities for a balanced
work/school life:

Activities for fueling
my body:

**MY SELF-CARE
PLAN**



Activities for
emotional wellness:

Activities for social
connection:

Predicted
barriers:

Ways to overcome the
barriers:

MY SELF CARE PLAN



Accountability
buddies:

Whenever this plan
doesn't go perfectly, I
will tell myself: