SELF-CARE PLAN BASICS

#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.

#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
MY SELF-CARE PLAN

Activities for a balanced work/school life:

Activities for fueling my body:

Activities for emotional wellness:

Activities for social connection:
MY SELF CARE PLAN

Predicted barriers:  
Ways to overcome the barriers:

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