

My Self-Care Plan

Physical Goals	Activities I Can Do		How Often Do I Need To Do these Activities?
	1.	2.	1.
	3.	4.	2.
			3.
			4.
Emotional Goals	Activities I Can Do		How Often Do I Need To Do these Activities?
	1.	2.	1.
	3.	4.	2.
			3.
			4.
Spiritual Goals	Activities I Can Do		How Often Do I Need To Do these Activities?
	1.	2.	1.
	3.	4.	2.
			3.
			4.
Emergency Self-Care Plan			
Helpful Coping Skills (What to Do)		Harmful Coping Skills (What to Avoid)	