Self-Care Plan Builder and Personalized Plan

Build Your Self-Care Plan

Instructions: Create a personalized self-care plan based on your needs and goals.

What area will I focus on?

- ☐ Sleep
- ☐ Nourishment
- ☐ Movement,
- ☐ Rest
- ☐ Hydration

What's one small goal I'll set?

Example: "Drink one extra glass of water each day."

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How will I support myself?

- ☐ Set alarms
- ☐ Ask a friend to check
- ☐ Use reminders
- ☐ Use visual clues

How will I celebrate progress?

Example: "Treat myself to a favorite activity."

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