SELF-CARE PLAN

In the spaces below, list two things you are doing well for each category. List three things that you want to add to your self-care plan.

PHYSICAL	EMOTIONAL	OCCUPATIONAL	SOCIAL
Doing well:	Doing well:	Doing well:	Doing well:
1)	1)	1)	1)
2)	2)	2)	2)
Adding to my self-care plan:	Adding to my self-care plan:	Adding to my self-care plan:	Adding to my self-care plan:
1)	1)	1)	1)
2)	2)	2)	2)
3)	3)		3)
SPIRITUAL	ENVIRONMENTAL	INTELLECTUAL	FINANCIAL
Doing well:	Doing well:		Doing well:
1)	1)	1)	1)
2)	2)	2)	2)
Adding to my self-care plan:	Adding to my self-care plan:	Adding to my self-care plan:	Adding to my self-care plan:
1)	1)	1)	1)
2)	2)	2)	2)
3)	3) Developed by: Rachel Jones, LPC	3) Revised: November, 2016	3)