



My Self-Care Plan



Research has shown that writing down your goals and sharing them with a loved one increases your chances of following through. Use this worksheet to help you move forward on your self-care journey.

Pick 1-2 self-care categories that you want to focus on:

1. _____
2. _____

Create a S.M.A.R.T. (specific, measurable, attainable, realistic, and timely) goal related to one of the categories you created:

What is an obstacle that might get in the way? _____

What are two ways you can cope with this obstacle? _____

Identify one person to share your self-care goal with: _____

Create a personalized self-care mantra to keep you motivated: _____



Self-Care Ideas

Emotional Self-Care:

- Creative writing, journaling
- Gratitude list
- Send a gratitude letter
- Coloring, creative art projects, crafts
- Listen to or write music
- Snuggle with loved ones, pets, cozy blankets
- Self-massage with a tennis ball
- Meditation app
- Loving Kindness meditation
- Laugh
- Spend time in nature
- Drink hot cocoa or tea
- Do a facemask or put on a lovely smelling lotion
- Take a bath
- Follow inspiring social media accounts
- Unplug
- Visualize your goals and dreams
- Set S.M.A.R.T. goals
- Write down your strengths
- Say positive affirmations or mantras
- Hand-On-Heart self-compassion exercise
- Share your feelings
- Ask for help
- Perform a random act of kindness for yourself
- Perform a random act of kindness for someone else

Relational Self-Care:

- Reach out to a loved one
- Tell a loved one why you appreciate them
- Date night

Financial Self-Care:

- Find a budgeting style that works for you
- Set financial goals
- Create a family manifesto about finances

Physical Self-Care:

- Get 7-9 hours of sleep per night
- Move your body (e.g. Yoga, Tai Chi, workout video)
- Take a walk outside
- Stay hydrated
- Eat regular meals and snacks
- Mindfully eat comfort food
- Follow up with your medical providers

Environmental Self-Care:

- Tidy or organize
- Create a donate pile
- Decorate your home
- Light a candle
- Add plants to your living space
- Try a diffuser

Occupational Self-Care:

- Organize your to-do list
- Set boundaries between home and work
- Focus on projects that energize you
- Set an intention for the workday based on your core values
- Do something generous for your company or coworker

Intellectual Self-Care:

- Read
- Listen to a podcast
- Watch a documentary, movie, or TV show
- Take an online class
- Teach yourself a new skill
- Do a puzzle

Spiritual Self-Care:

- Connect to a higher power regardless of religion, this can be your wisest self
- Pray if you believe in prayer
- Meditate
- Read spiritual or self-help literature
- Talk to friends, loved ones, mentors, or spiritual leaders about your spiritual questions and beliefs