



SELF-CARE PLAN

WHY IT MATTERS

- _____
- _____
- _____

SELF-CARE CATEGORIES

- Work _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

SELF-CARE ACTIVITIES

- _____
- _____
- _____
- _____
- _____
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- _____
- _____
- _____

BARRIERS TO ENGAGING?

- _____
- _____
- _____
- _____

ACCOUNTABILITY BUDDIES

- _____
- _____
- _____
- _____

OTHER:
