

Self-Care Plan

Personal Information

Name: _____ Date: _____

Emergency Contact: _____

Personal Goals for this Plan:

Instructions on How to Use This Plan

1. This Self-Care Plan is a framework designed to guide you in maintaining and enhancing your well-being across multiple aspects of life.
2. Fill in the personal information and read through each section, customizing the activities to fit your preferences and lifestyle.
3. Commit to consistently following your customized plan, making adjustments over time to meet your well-being goals better.

Physical Care

Mental Care

Emotional Care

Social Care

Spiritual Care

Creative Care

A large, empty rectangular box with a thin grey border, intended for handwritten notes or a drawing related to the 'Creative Care' section.

Work-Life Balance

A large, empty rectangular box with a thin grey border, intended for handwritten notes or a drawing related to the 'Work-Life Balance' section.