

# 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**



**Work-Life Balance**

