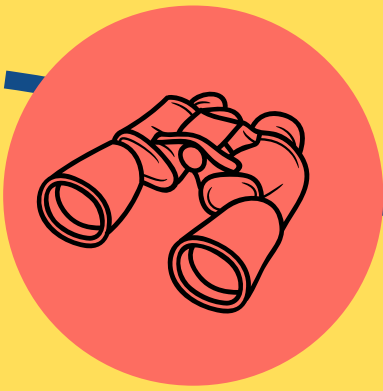


Identify personal needs

Think about what is needed to aid in improving overall well being



Identify Values

Think about what you value the most in your life

5 Steps To Creating Self Care Plan



Review Habits

Is there room for improvement in your daily rituals or routines?



Remove Barriers

Take away the "What If's", and "one day" thoughts



Review Goals

Your self care plan should foster your personal goals

Personal Needs:

What do you need to start, improve or increase?

ex. healthy food intake, exercise, sleep/wake schedule

Values

What do you need to prioritize or let go of?

ex. prioritizing rest and letting go of caffeine, alcohol, etc.

Review Habits

What can you add or remove to your daily routine?

ex. stretching or reading to start your day instead of scrolling on social media

Remove Barriers

What do you need to have in place to be consistent?

ex. having a home workout plan if you can't get to the gym; alarms/reminders

Review Goals

How does your plan align with your short-term and long-term goals?

ex. Will my plans to increase exercise interfere with family time? If so, how can I include them or alter my schedule?

Guide To Creating a Self Care Plan