

5 STEPS TO CREATE SELF CARE PLAN

1

Identify personal needs



Think about what is needed to aid in overall well being

2

Identify Values



Think about what you value the most in your life

3

Review Habits



Is there room for improvement in your daily rituals or routines

4

Remove Barriers



Take away the "What If's " and "one day" statements

5

Review Goals



Your self care plan should foster your personal goals