

Self-Care Plan

PERSONAL INFORMATION

Name: _____ Date: _____ dd / mm / yyyy

Emergency Contact: _____

Personal Goals for this Plan:

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

PHYSICAL CARE

Physical Care

MENTAL CARE

Mental Care

EMOTIONAL CARE

Emotional Care

SOCIAL CARE

Social Care

SPIRITUAL CARE

Spiritual Care

CREATIVE CARE

Creative Care

WORK-LIFE BALANCE

Work-Life Balance