

Self-Care Plan

Week of _____, _____ 20__

Physical	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Spiritual/Mental	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Emotional	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Social	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Occupational	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Environmental	Sun	Mon	Tue	Wed	Thu	Fri	Sat

Self-Care Plan

Week of _____, _____ 20__

Intellectual	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Financial	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Emergency Self-Care	Sun	Mon	Tue	Wed	Thu	Fri	Sat

Self-care goals achieved this week:

What was challenging this week?

Changes I will make next week: