

MY SELF-CARE PLAN

Emotional |

Short-term:

Long-term:

Social & Relationships |

Short-term:

Long-term:

Spiritual |

Short-term:

Long-term:

Physical |

Short-term:

Long-term:

Intellectual |

Short-term:

Long-term:

Workplace |

Short-term:

Long-term:

RESILIENCY BOOSTER

Honest Feedback

Who I Support

Ideas

Helping Hand

Fun / Activities

Advice

Who Supports Me

Roadblocks

Spiritual Guidance

Accountability