

Creating a Personalized Self-Care Plan

Adapted from Shelly Tygielski's series "[Mindful Self-Care](#)" published on Mindful.org.

Self-care is not just bubble baths and detox smoothies. Self-care is how we express self-love. Having a plan for how we care for ourselves lets us respond to our environment, instead of reacting. A plan helps us keep our health goals in focus, despite the unplanned obstacles thrown in our path.

Use this worksheet to draft your own Self-Care Plan. How you nurture yourself will ebb and flow over time. Come back to this exercise anytime you need something new or different from yourself.

For different areas in your life (food & nutrition, movement & exercise, relationships & community, emotional wellness, and work) write down things you can do to care for yourself better in that area. If it was easy to do these things, it wouldn't take effort to follow through on these activities - write down whatever barriers get in your way of caring for yourself wholly and completely.

AREAS OF YOUR LIFE	SELF- CARE ACTIVITIES	BARRIERS TO SELF-CARE	OPPORTUNITY TO SHIFT
FOOD & NUTRITION	Ex: Eat on a regular basis.	Ex: I forget to eat when I'm busy and distracted.	Ex: Set a reminder on my calendar to disrupt me in my work midday and midafternoon.

AREAS OF YOUR LIFE	SELF- CARE ACTIVITIES	BARRIERS TO SELF-CARE	OPPORTUNITY TO SHIFT
<p style="text-align: center;">MOVEMENT & EXERCISE</p>			
<p style="text-align: center;">RELATIONSHIPS & COMMUNITY</p>			

AREAS OF YOUR LIFE	SELF- CARE ACTIVITIES	BARRIERS TO SELF-CARE	OPPORTUNITY TO SHIFT
EMOTIONAL WELLNESS			
WORK LIFE			

Initiating Your Self-Care Plan

You now have the makings of a Self-Care Plan. It's time to put it into action. Choose one action item from 1-5 of the categories above that you're going to start with today. Write them down here:

1)

2)

3)

4)

5)

It takes practice to make new habits. Give yourself some grace while you're working on these new Self-Care habits. We know from habit research that keeping track of our goals makes us more successful in accomplishing them. Use this checklist to track your progress with your Self-Care activities over one week.

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Activity 1							
Activity 2							
Activity 3							
Activity 4							
Activity 5							

Week 1 Reflections

Come back to this exercise at the end of your first week. Reflect on what you've noticed. How do you feel after intentionally practicing Self-Care for a week? Is there anything you want to adjust? Any activity you want to drop or add? Any barrier you encountered that you did not anticipate? Jot down your thoughts here and make a new checklist for the coming week.

- 1)
- 2)
- 3)
- 4)
- 5)

Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Activity 1							
Activity 2							
Activity 3							
Activity 4							
Activity 5							

Self-Care Requires Maintenance

Schedule time to revisit this exercise every 2-3 months, or anytime your life circumstances change. Being intentional and strategic about how you address your personal needs will strengthen your resilience and support you in your life goals. When we nurture our whole selves - mind, body and spirit - we are truly capable of anything!

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