

My Self-Care Plan

A journey to a better you

What are my signs of burn out?

What do I need to let go of that worries me?

What can I do to release my emotions in a positive way?

Who can I go to for support?

Write 3-5 positive affirmations

Monday

Today I will focus on?

Tuesday

Today I will focus on?

Wednesday

Today I will focus on?

Thursday

Today I will focus on?

Friday

Today I will focus on?

Saturday

Today I will focus on?

Sunday

Today I will focus on?