

My SELF CARE Plan:

Self-Care is unique to each of us. I deserve my own love and support.

Taking care of ourselves has a direct correlation to how we support our youth and families. I will take care of me so that I can be the best version of myself for my youth!

☯ Mind ☯

Examples:

- ✓ Write 1x Day
- ✓ Project Happiness Daily
- ✓ Therapy 2x/month

☯ Body ☯

Examples:

- ✓ Drink Water – 6 cups per workday
- ✓ Work Out – 2x week
- ✓ Walk – 3x week

☯ Spirit ☯

Examples:

- ✓ 1 3-5 minute daily meditation (CALM app)
- ✓ 1 hour of alone time 2x/week

☯ Work ☯

Examples:

- ✓ Take a lunch break 3x/week
- ✓ Only check email on weekend once

Categories:	Mind	Body	Spirit	Work
Monday	Project Happiness	Worked out		
Tuesday	Therapy	Drank 6 cups of water		Took lunch
Wednesday	Project Happiness			Took lunch
Thursday	Project Happiness		1 hour of alone time	
Friday	Project Happiness	Worked out		Took lunch
Saturday	Project Happiness		Meditation	
Sunday	Project Happiness		1 hour of alone time	

WEEK: _____