

Self Care Plan Worksheet

Steps

Step 1:

Choose an Area of Focus:

- ☐ Rest
- ☐ Sleep
- ☐ Nourishment
- ☐ Hydration
- ☐ Movement

Step 2:

Please choose one goal from your area of focus or write your own.

After you pick your goal, make sure to move on to steps 3, 4, and 5 at the end of your worksheet.

Self Care Plan Worksheet

Group Activity



Rest Goals :

- ☐ Read for ten minutes a day twice this week.
- ☐ Spend an hour with a friend
- ☐ Engage in my special interest for fifteen minutes a day twice this week.
- ☐ Sit outside in nature for ten minutes once this week.
- ☐ Listen to calming music for ten minutes each day.
- ☐ Practice deep breathing or meditation for five minutes. one a day
- ☐ Take a short break from screens every hour.
- ☐ Sketch, color, or journal for ten minutes for twice this week.
- ☐ Engage in a hobby or craft for fifteen minutes once a week.
- ☐ Listen to a podcast or audiobook for ten minutes once a week.
- ☐ Do a quick relaxation or visualization exercise for five minutes every day.

Your
own _____

Self Care Plan Worksheet

Group Activity



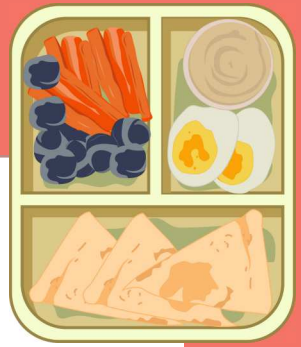
Sleep Goals :

- ☐ Go to bed ten minutes earlier twice this week.
- ☐ Remove the phone from my room a half hour before bed one day a week.
- ☐ Sleep in for an extra ten minutes a day once this week.
- ☐ Purchase a mask to block out light.
- ☐ Experience sunlight as soon as I wake up.
- ☐ Keep the bedroom cool for better sleep quality.
- ☐ Avoid caffeine six hours before bedtime.
- ☐ Create a bedtime ritual, like reading or stretching.
- ☐ Make the bedroom a screen-free zone once this week.
- ☐ Set an alarm to remind me it's bedtime every night this week.

Your
own _____

Self Care Plan Worksheet

Group Activity



Nourishment Goals :

- ☐ Remind myself to eat one meal a day.
- ☐ Eat one vegetable a day.
- ☐ Eat one fruit a day.
- ☐ Prepare a platter for my fridge once this week.
- ☐ Try a new healthy recipe once a week.
- ☐ Eat a healthy snack one day a week.
- ☐ Increase protein intake in one meal a day.
- ☐ Drink a smoothie or health drink once a day.
- ☐ Avoid skipping breakfast.
- ☐ Remember to eat by setting a timer one day a week

Your

own _____

Self Care Plan Worksheet

Group Activity



Hydration Goals :

- ☐ Drink an extra glass of water daily.
- ☐ Carry a water bottle everywhere one day this week.
- ☐ Limit caffeine or soda one day a week.
- ☐ Try a piece a fruit you never had
- ☐ Set hourly reminders to sip water.
- ☐ Drink a glass of water before each meal.
- ☐ Track daily water intake.
- ☐ Flavor water with natural fruits for variety.
- ☐ Skip the alcohol one night this week.
- ☐ Drink a glass of water as soon as I wake up

Your

own _____

Self Care Plan Worksheet

Group Activity



Movement Goals :

- ☐ Walk for five minutes each day.
- ☐ Do a yoga exercise for five minutes each day.
- ☐ Dance to my favorite song once a day.
- ☐ Stretch for ten minutes in the morning.
- ☐ Try a new physical activity this week
- ☐ Commit to standing or walking while on a phone call.
- ☐ Use the stairs instead of the elevator at least once a day.
- ☐ Watch people moving to inspire you while being in the park.
- ☐ Engage in a physical hobby (e.g., gardening, dancing) for fifteen minutes.
- ☐ Set a timer to remind myself to move or stretch every hour.

Your
own _____

Self Care Plan Worksheet

Group Activity

Step 3:

Look at your goal. Is it overwhelming?

If so make it smaller, or increase the frequency you are asking yourself to do it at. Practice self accommodation.

Step 4:

When will you start? Be specific. (Monday morning)

Self Care Plan Worksheet

Group Activity

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Step 5: Develop a Strategy to Support Yourself to Reach Goal:

How will I help myself reach this goal? (Select or write your strategy):

- ☐ Leave visual reminders.
- ☐ Use self-talk.
- ☐ Set a timer.
- ☐ Have an accountability buddy.
- ☐ Announce it on social media.
- ☐ Pair with a group member.
- Other : _____

Step 6: Staying Encouraged:

If I miss this goal, how can I stay motivated? (Select or write your encouragement strategy):

- ☐ Understand that setbacks happen and it's okay.
- ☐ Re-evaluate if the goal was too ambitious and adjust.
- ☐ Speak kind and encouraging words to myself.
- ☐ Seek support from my accountability buddy or group.
- ☐ Remember the reason I set this goal in the first place.

Your
own _____
