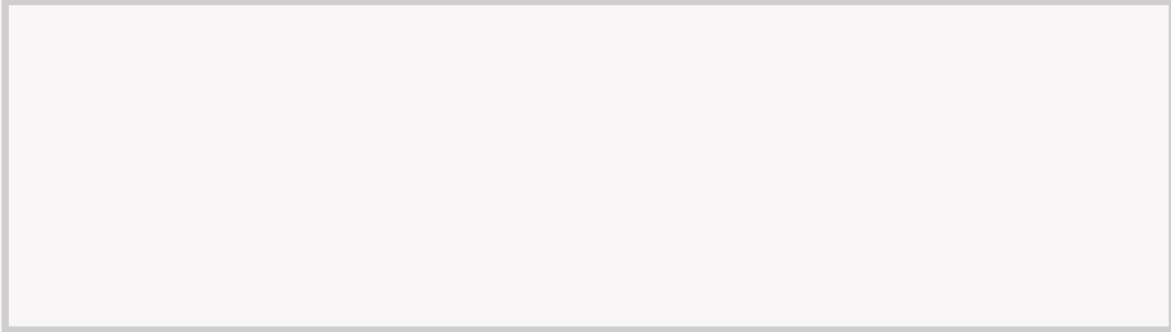


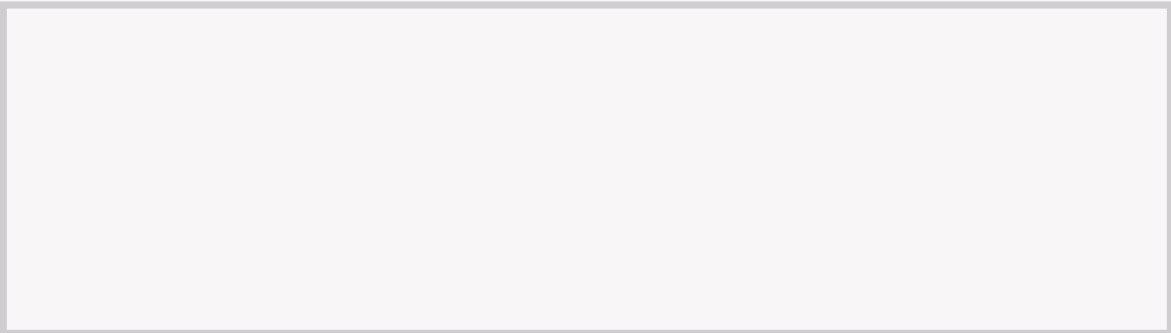
# My Self-Care Plan

Fill out this worksheet and post it somewhere visible.

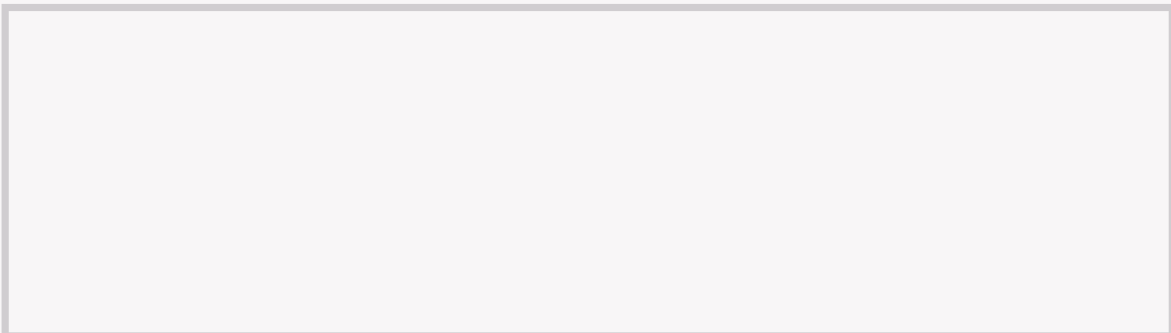
List some indications that your well-being might be deteriorating.



List some specific activities to help you honor your time and space.



How will you honor your physical, emotional, and spiritual presence?



Who will you contact for weekly accountability and support?

