

# Self-Care Implementation

Write the areas of self-care that you determined you need to focus on. Under each of these areas you are going to write 1-2 habits that you want to start implementing.

Area of Self-Care: \_\_\_\_\_

Habit 1: \_\_\_\_\_

Habit 2: \_\_\_\_\_

Action Plan:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Area of Self-Care: \_\_\_\_\_

Habit 1: \_\_\_\_\_

Habit 2: \_\_\_\_\_

Action Plan:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Area of Self-Care: \_\_\_\_\_

Habit 1: \_\_\_\_\_

Habit 2: \_\_\_\_\_

Action Plan:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Area of Self-Care: \_\_\_\_\_

Habit 1: \_\_\_\_\_

Habit 2: \_\_\_\_\_

Action Plan:

\_\_\_\_\_

\_\_\_\_\_

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