

Self-Care Plan

My goal for this year is _____

My biggest sources of stress are _____

Things that are fun for me are _____

Scheduled times for fun _____

People I can talk to _____

My strengths are _____

Questions to ask myself when I feel stressed -

Do I need to make this decision right now?

Can I schedule time later to think about this?

If you want more information or help with filling out this plan, feel free to set up a meeting with Mrs. Slaybaugh.