

DEVELOP A SELF-CARE PLAN

**1. List the self-care habits you are using now to manage stress and stay healthy:
(I get at least 8 hours of sleep at night)**

**2. List the self-care habits you would like to use but are not currently practicing:
(Practicing yoga regularly)**

**3. Identify the obstacles keeping you from practicing these habits:
(I don't practice yoga regularly because I don't have the time to)**

**4. What solutions can you come up with to address the obstacles you listed:
(I could free up time for myself by watching less TV or waking up earlier)**

5. Reread the self-care habits you wrote down for item 2. Select one of the habits you would like to begin practicing and complete the sentences below.

Today, I commit to...

I want to do this because...

I will accomplish this by...

