My self-care plan

A few small actions for one real week. Leave any line blank.

Week starting: _____ **Name (optional):** _____

What is taking energy this week?

What already helps me feel more supported or steady?

Choose up to three small actions. Say what you will do and when.

1.

2.

3.

What might get in the way?

My smaller or different backup action

Who or what could support me, if I want support?

At week's end: what helped, and what will I change?