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?