



Self-Awareness

My warning signs are: _____

In these moments I need: _____

My Self-Care Strategies

Cognitive: _____

Behavioral: _____

Physical: _____

Relational: _____

Professional: _____

Other: _____

My Self-Care Action Plan

What are you going to do to bring more joy into your life?

Who are you going to connect with? (Identify friends and family who make your life richer)

What are you going to do to keep yourself strong and balanced?
