

# My Self-Care Plan

## Instructions

- ◇ Reflect on each domain of self care.  
*Where would you rate yourself in terms of spending time in each of these areas?  
(Rate each domain from 1-10 with 1 being little to no time and 10 being a lot of time)*
- ◇ Fill in each piece of the pie with activities you are currently doing or things you plan to do to enhance your self care in each domain.
- ◇ Put a star on two priority domains (self care domains you want to focus more time on).
- ◇ Highlight one or two activities in each of these priority domains that you will commit to doing in the next week.

