

# SELF CARE

## Physical

One thing I most want to improve

Plan for improving this area of my self-care

## Psychological / Emotional

One thing I most want to improve

Plan for improving this area of my self-care

## Personal / Social

One thing I most want to improve

Plan for improving this area of my self-care

## Spiritual

One thing I most want to improve

Plan for improving this area of my self-care

## Professional

One thing I most want to improve

Plan for improving this area of my self-care