



human energy®

i'm creating a self-care plan



What is self-care?

Self-care is about my ability to make a plan and work on my health issues. If I don't take care of myself, who will?

My step-by-step self-care plan instructions. I will –

1. List the things I want to change or improve
2. Select two or three items from the list to focus on and write down specific goals for each
3. Divide those goals into smaller, weekly goals with at least one small change in each area that I can achieve each week
4. List the reasons why I want to change and post the where I'll see them.
5. Make a plan to reward myself for achieving my small goals
6. Track my progress

A self-care plan helps me –

- Track highs and lows
- Identify patterns
- Stay flexible
- Keep from overdoing it or doing less than I thought
- Create habits
- Achieve goals faster
- Reflect on progress, setbacks and successes
- Move forward with purpose

Resources

- [Create your own self-care plan](#)
- [Healthy Heart Program](#)
- [How to Start a Personal Wellness Program](#)
- [10 Reasons to Create Your Wellness Program for the New Year](#)
- [Oxford Article: Health Planning](#)