

Self-Care Action Plan

Consider the aspects of well-being below and write at least one way you can commit to increasing your health and wellness within each category:

Physical	
Psychological	
Emotional	
Spiritual	
Professional	

How might you feel when you have a balance of each aspect?	What might get in the way of achieving optimal balance of health?
What negative habits do you need to avoid ensuring success?	Who are people you can connect with you to help you achieve your goals?

Resources:

