

My Self-Care Plan

When I think of self-care, I think of.....

What is the goal of my self-care today? (Circle as many as apply)

To energize

To soothe

To make connections

To focus on myself

Reduce burnout

Increase joy

Something else: _____

What type of self-care do I need today?

Physical-

I feel (circle as many as apply): *tired* *hungry* *“on edge”*

tearful *frustrated* *“spaced out”* *low energy* *over-caffeinated*

jittery *tense* *“off”* *like nothing can get done*

Something else: _____

Emotional-

I feel (circle as many as apply): *lonely* *confused* *isolated*

angry *jealous* *anxious* *fearful* *triggered*

cranky *black/white thinking* *stuck in my patterns* *excited*

nervous *curious* *silly* *happy* *sad*

Something else: _____

Psychological/Spiritual-

I feel (circle as many as apply): *unsure of my goals* *worried about the future*

“why am I here?” *disconnected* *desire to be connected to myself*

like I keep doing the same thing *like I want someone to really hear me*

desire to be connected to others *wanting to make meaning*

Something else: _____

Professional/Academic-

I feel (circle as many as apply): *burned out* *incompetent* *lost*

not smart *confused* *worried about my work* *my work isn't valued*

wanting guidance/support *interested in trying something new*

Something else: _____

My Self-Care Preferences

Look at page 1 to track what you need right now, and choose the preferences that help you feel this way.

These tactile sensations help me feel

(calm/soothed)

(energized)

(ready to learn/integrate)

Hot

Warm

Cool

Cold

Hard/pressure

Soft

Smooth

Fuzzy

Spiky

Fluffy

Something else: _____

These scents help me feel

(calm/soothed)	(energized)	(ready to learn/integrate)		
<i>Flowers</i>	<i>Leaves/Trees</i>	<i>Herbs</i>	<i>Citrus</i>	<i>Ocean</i>
<i>Baking</i>	<i>Ginger</i>	<i>Grass</i>	<i>Coffee</i>	<i>Woodfire/Smoke</i>
Food: _____				
Something else: _____				

These sights help me feel

(calm/soothed)	(energized)	(ready to learn/integrate)		
<i>Water</i>	<i>Trees</i>	<i>Flowers</i>	<i>Desert</i>	<i>Buildings</i>
<i>Vehicles</i>	<i>Movies/Shows</i>	<i>Animals/Pets</i>	An object: _____	
<i>Other people</i>	<i>Bright lights</i>	<i>Dim lights</i>	The color _____	
Something else: _____				

These movements help me feel

(calm/soothed)	(energized)	(ready to learn/integrate)		
<i>Walking</i>	<i>Running</i>	<i>Laying down</i>	<i>Yoga/Movement</i>	
<i>Pacing</i>	<i>Dancing</i>	<i>Laughing</i>	<i>Active Prayer</i>	<i>Meditation</i>
<i>Breathing</i>	<i>Knitting</i>	<i>Painting</i>	<i>Gardening</i>	<i>Swimming</i>
Something else: _____				

These tastes make me feel (calm/soothed) (energized) (ready to integrate):

These activities make me feel (calm/soothed) (energized) (ready to integrate):

Connecting with these people makes me feel less isolated and more safe:

Connecting with these people makes me feel more inspired and creative:

Connecting with these people helps me recognize my strengths/competence: