

Self-Care Action Plan

1

How can I simplify my life to promote self-care? (i.e. systems, routines to focus on to simplify life)

2

What can I add to my life to promote self-care? (i.e. exercise, carry a water bottle, meal prep)

3

What can I delete or delegate in my life to promote self-care? (i.e. share cleaning responsibilities with others, say no to extra activities)
