

Create a Self-Care Plan



ZERO TO THREE
Early connections last a lifetime

Choose one of the Seven Types of Self-Care to focus on:

What activity would you like to do in the near future?

List any steps you need to take to do the activity. Are there any potential obstacles?

Why are you doing this self-care activity?

How confident (on a scale of 1-10 with 10 being the highest) are you that you'll complete the activity? Note: If you are a 6 or lower, reassess your activity and come up with one that feels like a 7 or higher.

When will you complete this activity?