

# 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:**

Physical

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

I am going to take a relaxing bath with candles and jazz music playing in the background.

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

The next time I'm at the grocery store, I need to purchase a bath bomb and maybe a face mask. No, I do not anticipate any obstacles.

**Why are you doing this self-care activity?**

I just got home from traveling the last week and haven't felt centered. Taking a bath will help make me feel grounded.

**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.

Overall, I feel like a 9/10 for completing the activity. If I clean the house Saturday morning, I would be a 10/10.

**When will you complete this activity?**

I am planning on taking a bath this Saturday when my partner is going to be at a friend's house and I'll be alone.