Maintenance SELF-CARE PLAN

Activity	How often?	Outcomes
Physical:	Daily	Goal:
	Weekly	
	Monthly	
	Semi-regular	
Emotional:	Daily	Goal:
	Weekly	
	Monthly	
	Semi-regular	
Deleties literate	D. 11	
Relationships/Social:	Daily	Goal:
	Weekly	
	Monthly	
	Semi-regular	
Mental/Psychological:	Daily	Goal:
Wientaly i Sychological.	Weekly	Gouil
	Monthly	
	Semi-regular	
	Jenn regular	
Spiritual:	Daily	Goal:
	Weekly	
	Monthly	
	Semi-regular	
Manhalana /Dunfansianah	Daile.	Cook
Workplace/Professional:	Daily	Goal:
	Weekly	
	Monthly	
	Semi-regular	
What do you want to change?		
What do you want to change.		
What do you want to introduce?		
What do you want to stop doing?		
What do you want to do more of?		

What do you want to do less of?	
Who can you go to for help?	
What might get in the way?	
Review the plan	Mentor/Supervisor/Coach
Date:	
Adjustments:	