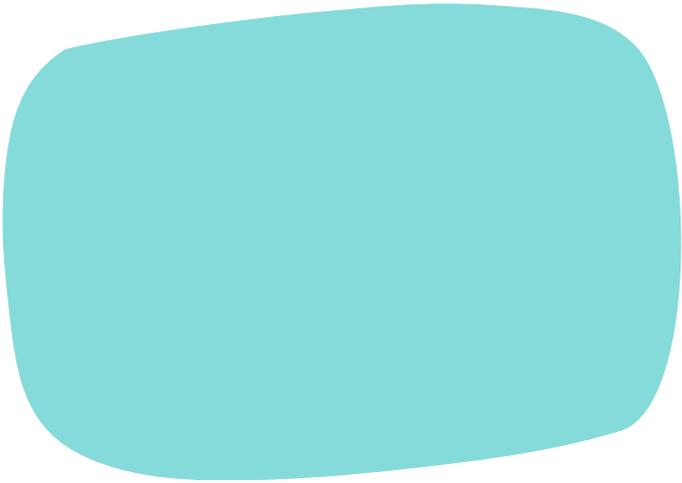


# Self Care

ACTION PLAN

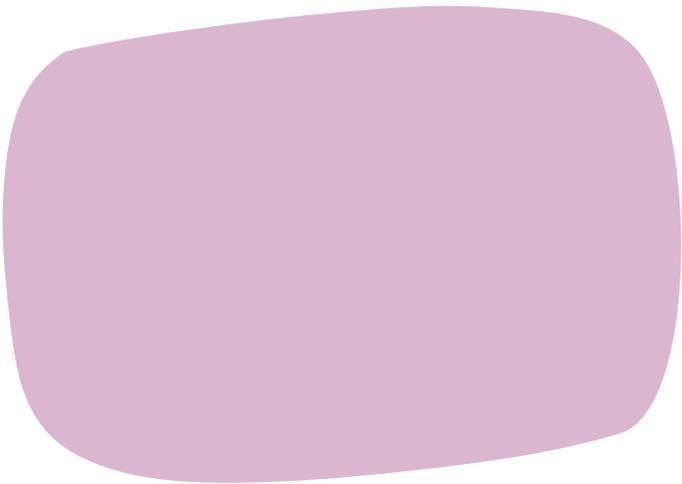
**Emotional**



**Physical**



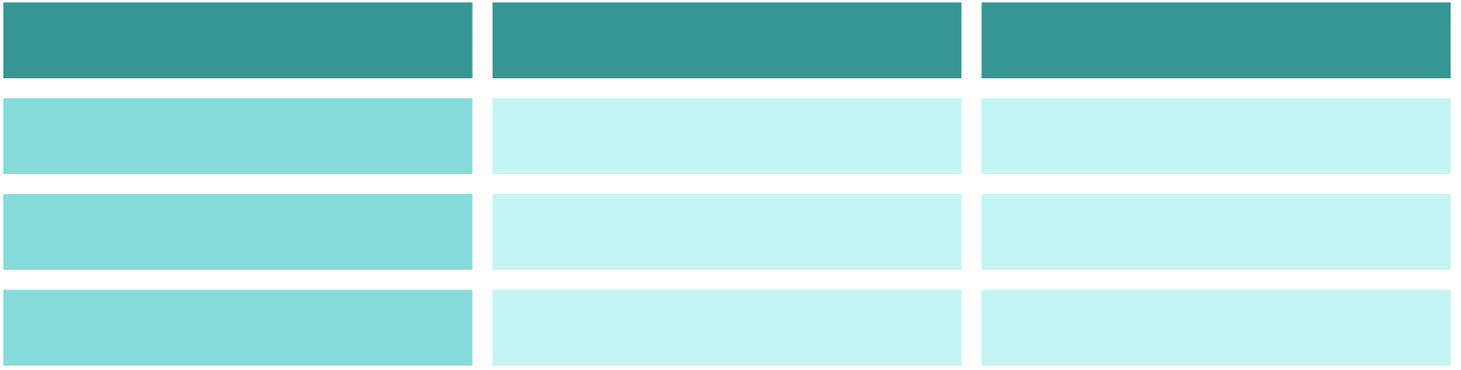
**Social**



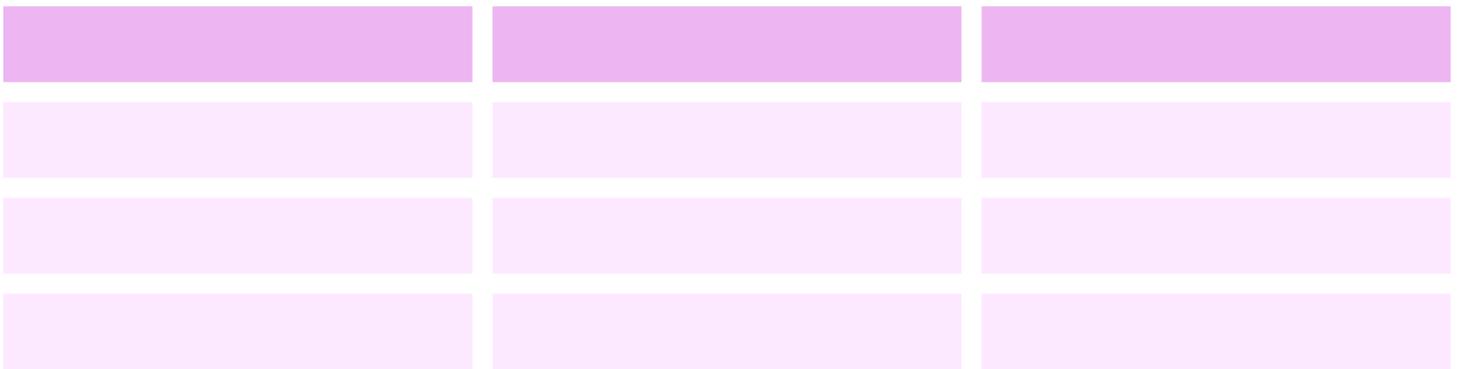
**Spiritual**



## Emotional



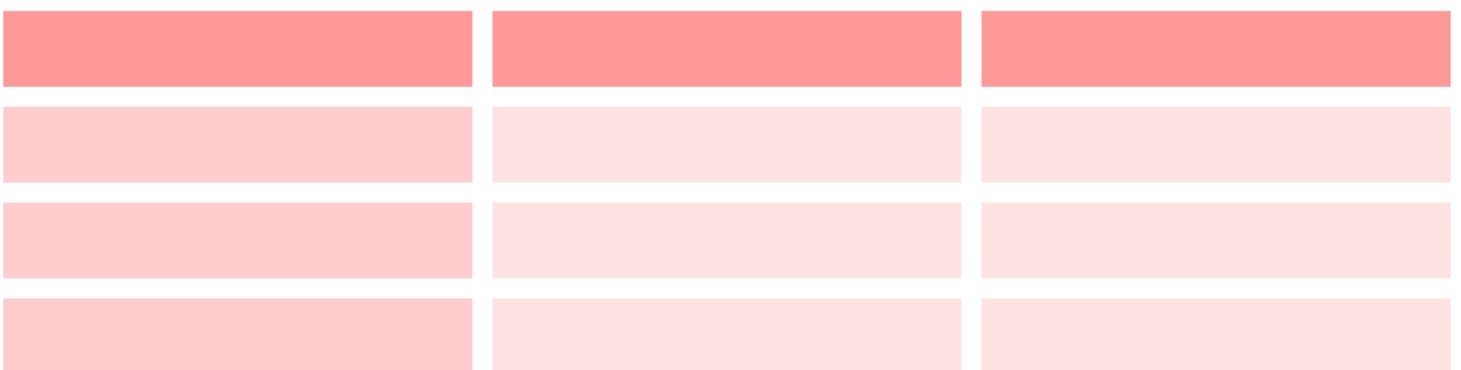
## Physical



## Social



## Spiritual



# Finding Balance

**Activities that have the most overlap between categories:**



**What is feeling successful and helpful?**



**What is not being prioritized that should be? What are the barriers?**



**Do you need to re-balance?**



**How often should you re-assess? Who will help you with accountability?**

