



SELF CARE ASSESSMENT ACTION PLAN

Review your assessment outcomes and consider what practices you might like to implement to improve the quality and balance of your self-care activities.

It is recommended that you choose no more than one activity in each category and start with a focus on no more than three new activities you would like to implement in the next month.

Review your progress monthly.

FOCUS TIME
PLAY TIME
CONNECTING TIME
PHYSICAL TIME
TIME IN
DOWN TIME
SLEEP TIME