## **MY PLAN FOR SELF CARE**

PHYSICAL	PSYCHOLOGICAL
EMOTIONAL	SPIRITUAL
RELATIONSHIPS	WORKPLACE
WHO ARE MY GREATEST SUPPORTERS?	
WHAT OBSTACLES MIGHT I ENCOUNTER?	
WHAT NEGATIVE STRATEGIES SHOULD I AVOID?	
LIONA MAICUT I FEEL IF LIMADI FMAENT THIS DI AND	
HOW MIGHT I FEEL IF I IMPLEMENT THIS PLAN?	