

Gettin' My Mind Right LLC

Self-Care Plan

Identify at least one task that you will do to help you with balance in your life. Be sure that they are task that you are able to do and will do.

Daily

- _____
- _____
- _____

Weekly

- _____
- _____
- _____

Monthly

- _____
- _____
- _____

Quarterly

- _____
- _____
- _____

Yearly

- _____
- _____
- _____