

# MY SELF-CARE PLAN

Doceo 



**MIND**



**BODY**



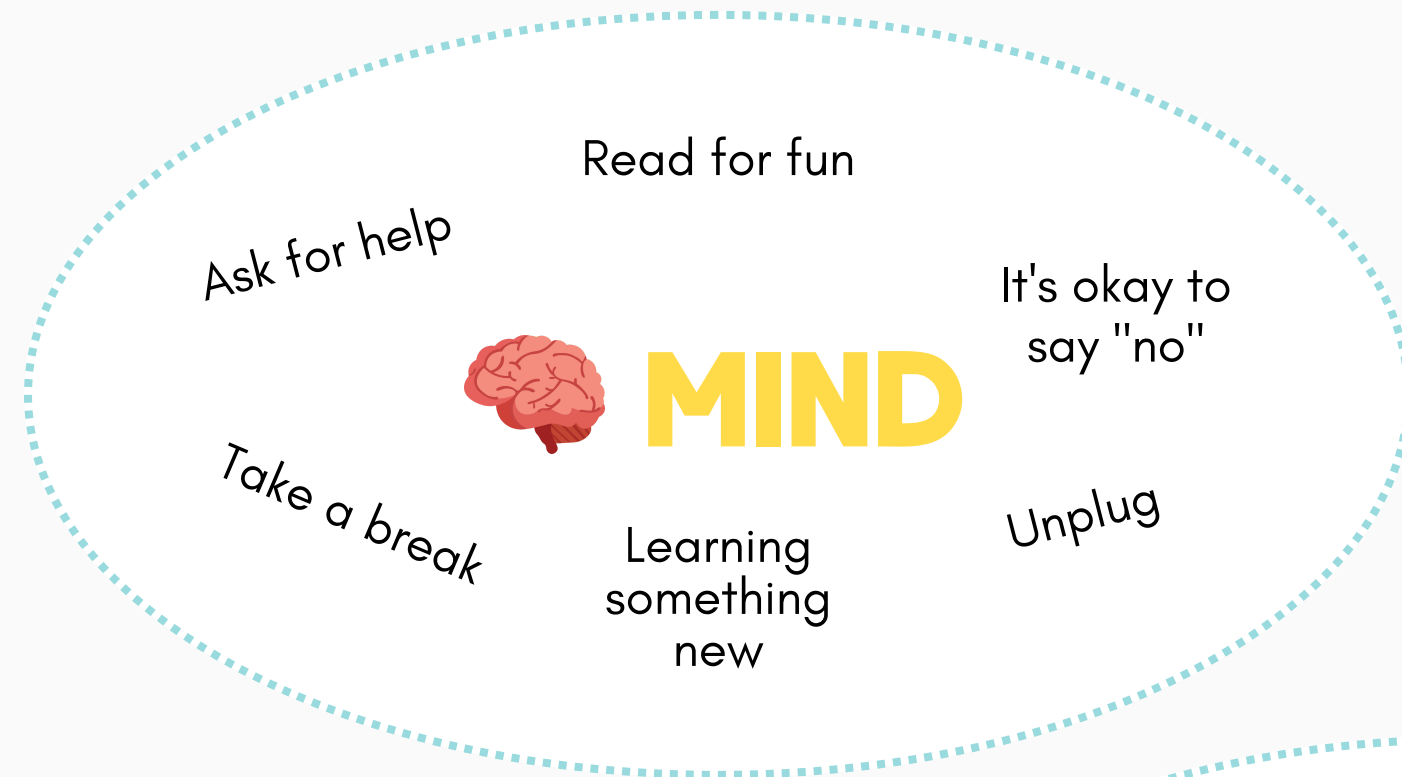
**SPIRIT**

**SUPPORTIVE  
PEOPLE IN MY LIFE**

**I WANT TO  
ACCOMPLISH...**

# SELF-CARE PLAN EXAMPLE

Doceo 



## SUPPORTIVE PEOPLE IN MY LIFE

- Jess
- Alex
- Brian
- Conor
- Mary
- Devin



## I WANT TO ACCOMPLISH...

- Balance
- Be kind towards yourself
- Find movement every day
- Relinquish (some) control