



Nanaimo Family Life Association

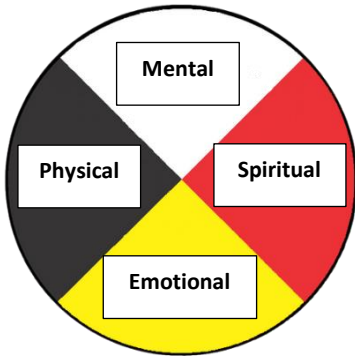
My Self-Care Plan

Three Things I like about myself:

1. _____
2. _____
3. _____

Three Things I am grateful for:

1. _____
2. _____
3. _____



Mental Wellness:

1. _____
2. _____
3. _____
4. _____

Spiritual Wellness:

1. _____
2. _____
3. _____
4. _____

Emotional Wellness:

1. _____
2. _____
3. _____
4. _____

Physical Wellness:

1. _____
2. _____
3. _____
4. _____

3 People Who Support Me & Make Me Feel Safe:

1. _____
2. _____
3. _____

DAILY AFFIRMATION: _____