



Build a Self-Care Plan

Nobody can take care of you but you!

Here I want you to really think about what makes you feel good?
How would you like to be taken care of?

Here are some things you can do.
Pick a few of them and do the things that feel good to you.

Talk to someone you trust

Take a walk

Go to the movies

Write three good things that
you did each day

Do yoga

Go to the spa

Get a message

Cook or go out for your
favorite food

Do a meditation

Make time to relax

Reflect with a close friend for
support

Read a good book

Take a short vacation

Get enough sleep

Eat a healthy diet

Buy a coloring book
(coloring is calming)

Knit or do a craft

Get a facial

Buy a new sweater, lipstick,
perfume, etc.

Take a warm bath

Light some candles

Process your emotions

Maintain a spiritual practice

Spend time with your pet

Sit in your back yard

Create a space in your home
with all your favorite things your
comfy chair, candles,
pictures, books, music

The more you take care of yourself the more confident and self assured you become.

Bold, Beautiful and Strong You