

NAME:

Date Started:

## FOUR-DIMENSIONAL SELF-CARE PLAN

BODY	MIND	SPIRIT	RELATIONSHIPS
Rejuvenation:	Rejuvenation:	Rejuvenation:	Rejuvenation:
Discipline:	Discipline:	Discipline:	Discipline:

Why I'm Doing Self-care: \_\_\_\_\_

When I Don't Feel Like Doing It, I Will: \_\_\_\_\_

I Will Monitor My Progress by: \_\_\_\_\_