**YOUTH My Self-Care Plan**

**Physical:**

* + **What I am currently doing:**
* **What I would like to start doing:**

**Psychological**

* + **What I am currently doing:**
* **What I would like to start doing:**

**Emotional**

* + **What I am currently doing:**
* **What I would like to start doing:**

**Spiritual**

* + **What I am currently doing:**
* **What I would like to start doing:**

**Relationship**

* + **What I am currently doing:**
* **What I would like to start doing:**

**Academic**

* + **What I am currently doing:**
* **What I would like to start doing:**

**YOUTH My Self-Care Plan**

1. List the self-care habits you would like to use, but are not currently practicing:

**I want to . . .**

1. Identify the obstacles keeping you from practicing these habits:

**I am not . . .**

**because . . .**

1. What solutions can you come up with to address the obstacles you listed?

**I could . . .**

1. Select one of the habits you would like to begin practicing and complete the sentences below.

**Today, I commit to . . .**

**I want to do this because . . .**

**I will accomplish this by. . .**