

Self-Care Action Plan

Setting goals and taking steps to reach them

Name: _____ Date: _____

Choose something you want to do, not something you think you should do.

Set a goal you think you can meet.

Think about the small steps you can take to help you reach your goal.

My goal is _____

I will make the following small change as I work toward my goal: _____

The things that could make it difficult to reach my goal are:

My plan for overcoming these difficulties includes:

Support/resources I will need to achieve my goal include:

(For example: Is there a friend, family member, counselor or clergy member who might help you track success in meeting your goal?)

How important is it that I reach this goal? _____

(0 = not at all important; 10 = extremely important)

How confident am I that I can achieve this goal? _____

(0 = not at all confident; 10 = totally confident)

Some types of activities to consider as you choose your goals:

Exercise

Socialize

Eat Well

Relax

