MY SELF-CARE PLAN

I CAN EAT HEALTY FOODS …

MY HOPE AND DREAMS …

I CAN MAKE MYSELF HAPPY BY …

IMPORTANT PEOPLE WHO I TRUST

I CAN BE A GOOD FRIEND BY …

I CAN EXCERCISE BODY BY …

I CAN KEEP MYSELF CLEAN AND TIDY BY …

THIS IS ME

I CAN RELAX MY BODY AND MIND BY …