



Self Care Plan

Nurturing Mind and Thoughts	Nurturing Body and Physical Health	Nurturing Emotions
What people do you enjoy having deep conversations with?	What is your favourite type of exercise to do?	What songs do you love to sing to?
What is your favourite book genre?	What is your favourite meal?	What family member or friend haven't you connected with in a while?
What creative arts do you enjoy (draw/paint/sew/bake/write/dance)?	Bubble bath, hot shower or foot spa?	What natural environment do you love the most?
When was the last time you were doing something engaging and completely lost track of time?	What songs do you enjoy dancing to?	Sunrise or sunset?
What would you love to learn how to do?	What is your favourite thing to do right before bed?	What activity do you love doing with your partner the most?