

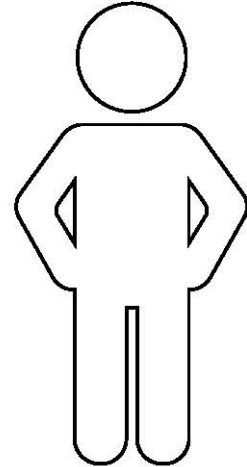
Activity Sheet - 3J: MY SELF-CARE ACTION PLAN

Name _____ Date _____

To be your best you, it's important to take care of your body, mind and emotions. Think of some simple things that you can do to make sure you are practicing good self-care every day.

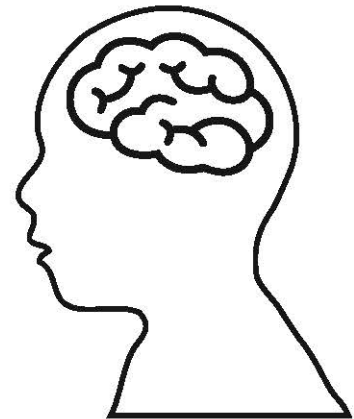
I will take care of my body by

1. _____
2. _____
3. _____



I will take care of my mind by

1. _____
2. _____
3. _____



I will take care of my emotions by

1. _____
2. _____
3. _____

