

Self-Care Plan

AREA	Goal (<i>what, when, how long</i>)
<i>Relaxation</i>	
<i>Sleep</i>	
<i>Accomplishment</i>	
<i>Pleasure</i>	
<i>Exercise</i>	
<i>Social</i>	
<i>Support</i>	
<i>Eating</i>	
<i>Alone Time</i>	