

SELF-LOVE CARE PLAN



It's crucial to highlight our relationships to ourselves. We must spend time defining our needs, checking-in with ourselves, and strengthening our unique internal relationship.

Fill out this worksheet in order to create your own self-love care plan.

Who is someone you admire that has a strong self-care/self-love routine?
What do they do to celebrate and care for themselves?

What do you tend to need in the categories below?

MENTALLY:

EMOTIONALLY:

SPIRITUALLY:

PHYSICALLY:

RELATIONALLY:

How to Check In:

**Close your eyes and place one hand on your heart and one on your belly.
Take a few deep, slow, belly breaths to calm yourself and become present.
One by One, Ask yourself WHAT DO I NEED?**

Mentally/Emotionally/Spiritually/Physically/Relationally

**Listen to what comes up intuitively.
Write down what arises without questioning it or judging it.
Create an Action Step to get that Need Met.**

If you feel stuck and your response is "I don't Know"

**Reference the person who's self-care plan you admire.
What would they tell you you need?**

Examples of What a Need May Look Like:

Personal Space, Boundaries, Saying No, Rest, Compassion, Understanding, Feeling Seen, Quiet, Nurturing, Connection, Stretching, More Water, More Sleep, To Move More, etc.