My Self-Care Plan

The things you do and the way you talk to yourself matters!
Be your best self by selecting activities that nurture your soul.

Create a Self-care Plan...

1. Select three Self-Care Activities

...from the example box below (or create your own!), that will help to nourish your mental, spiritual, physical, and social self and make them a part of your routine.

Self-care activities affect how you think, feel, your sense of who you are and your place is in this world.

Examples of Self-care Activities:

Start a Journal, Unplug, Take a Walk, Pray, Talk to an Elder, Plant a garden, Make Art, Sit by a body of water, Make a funny video, Sing, Trim my nails, Volunteer, Play with my pet, Dance, Write, List 3 things I'm grateful for, Talk to a Friend, Take a Shower, Breathing Exercises, Listen to Music, Read a Book, Daydream, Play Basketball, Write a song, Eat with my family, Look at the Stars, Connect with my Culture, Be nice to Someone, Laugh, Sweat, Learn my Language. Nap...Create Your Own!

2. Select Positive Self-Talk Statements

...from the example box below (or create your own!), that you can say to yourself on repeat, throughout the day, when you need a little encouragement or a little self-love. Start paying attention to the things you say to yourself on the daily. Are they mostly positive or negative? See if you can change the dialog to only include positive talk.

Examples of Positive Self-talk Statements:

I am Strong, I am Loving, I am Special, I am a good person, All is well - right here - right now, I control my choices, I am working towards my goals, I can treat myself gently and with kindness, I have gifts, I am taking things one step at a time, I have a purpose, I have all that I need, Today I will look for the good, I am learning to take care of myself, I am freaking awesome!...Create your Own!

3: Live it!

Make these activities and positive self-talk statements part of your daily life. This can help you to be the best version of yourself. Go you!

Text "Empower" to 97779