Teaching Channel

A **K12** Coalition Company

Self-Care Plan Template

_____'s Self-Care Plan

① **Body**	Support Systems or People:

Goal:
• Priority 1:
  o Action 1:
  o Action 2:
  o Action 3:
 	
• Priority 2:
  o Action 1:
  o Action 2:
  o Action 3:
	Resources:
	
	Celebrations:

② **Mind**	Support Systems or People:

Goal:
• Priority 1:
  o Action 1:
  o Action 2:
  o Action 3:
 	
• Priority 2:
  o Action 1:
  o Action 2:
  o Action 3:
	Resources:
	
	Celebrations:

③ **Soul**	Support Systems or People:

Goal:
• Priority 1:
  o Action 1:
  o Action 2:
  o Action 3:
 	
• Priority 2:
  o Action 1:
  o Action 2:
  o Action 3:
	Resources:
	
	Celebrations: