

Self-Care Plan

Domains of Care	Rating 1-5	New Self-Care Strategies
Physical		
Psychological		
Emotional		
Spiritual		

Domains of Care	Current Self-Care Strategies	New Self-Care Strategies	
Professional			
Relationship			
Barriers to Self-	Care Goals	Solutions to Barriers	
Top Three Commitment Strategies			
1. 2.			
2.			