

## SELF-CARE GOALS WORKSHEET

Name:	Date:
Goal: #1	
	Strategies I will use to reach this goal:
l will	
Goal: #2	
Goai. #2	
	Strategies I will use to reach this goal:
l will	
i wiii	
Goal: #2	
50ai. #3	
	Strategies I will use to reach this goal:
will	
l will	
	300
vviii	
People or places I wil	call if I need support or help to reach my goals:
Copie of places I will	cult if the cu support of help to reach my goals.