



## SELF-CARE GOALS WORKSHEET

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Goal: #1** \_\_\_\_\_

**Strategies I will use to reach this goal:**

*I will* \_\_\_\_\_

*I will* \_\_\_\_\_

*I will* \_\_\_\_\_

**Goal: #2** \_\_\_\_\_

**Strategies I will use to reach this goal:**

*I will* \_\_\_\_\_

*I will* \_\_\_\_\_

*I will* \_\_\_\_\_

**Goal: #3** \_\_\_\_\_

**Strategies I will use to reach this goal:**

*I will* \_\_\_\_\_

*I will* \_\_\_\_\_

*I will* \_\_\_\_\_

People or places I will call if I need support or help to reach my goals:

\_\_\_\_\_  
\_\_\_\_\_