

# Fortifying My Strength

## A Self-Care Plan

Positive Affirmation (include a statement/phrase/quote that brings encouragement):



### The Basics







1. How many hours of sleep helps me feel rested and ready for the day?  
5 hours or less      5-6 hours      6-7 hours      7-8 hours      8+ hours
2. What can I do to help myself get enough sleep?






1. What foods help me feel good?
2. What times during the day is it best for me to eat to keep my energy going?  
Early morning      Mid-morning      Afternoon      Early evening  
Evening      Late evening      Gotta get that midnight snack
3. What can I do to make healthy eating choices?

<p><b>Physical Activity</b></p> 	<ol style="list-style-type: none"> <li>1. What physical activity do I enjoy doing?</li> <li>2. How much physical activity a day helps me feel good? 30 min-1 hour      1 hour      1-2 hours      2+ hours</li> <li>3. What can I do to get the physical activity I need?</li> </ol>
<p><b>Active Relaxation</b></p> 	<ol style="list-style-type: none"> <li>1. What are activities that help me feel relaxed?</li> <li>2. What can I do to dedicate enough time to these relaxing activities?</li> </ol>

<p style="text-align: center;"><b>Connection &amp; Resources</b></p>	
<p><b>Personal</b></p> 	<ul style="list-style-type: none"> <li>❖ Who are the people in my personal life that I can turn to for support/guidance/reassurance?</li> </ul>
<p><b>Work</b></p> 	<ul style="list-style-type: none"> <li>❖ Who are the people at work that I can turn to for support/guidance/reassurance?</li> </ul>

<p><b>Support/community groups</b></p> 	<p>❖ What support and/or community groups can provide me with support/guidance/reassurance?</p>
<p><b>Spiritual/religious support</b></p> 	<p>❖ What spiritual/religious groups can provide me with support/guidance/reassurance?</p>

### Meaning & Motivation

<p><b>What do I have the power to change or influence?</b></p> 	
<p><b>What is my purpose and/or motivation?</b></p> 	
<p><b>What are things I must accept?</b></p> 	
<p><b>What gives me hope? And what do I hope for?</b></p> 