

My Self-Care Plan

PHYSICAL	PSYCHOLOGICAL
EMOTIONAL	SPIRITUAL
RELATIONSHIPS	WORKPLACE
OVERALL BALANCE	
WHAT MIGHT GET IN THE WAY?	
WHAT NEGATIVE STRATEGIES DO YOU NEED TO AVOID?	
IF YOU IMPLEMENT YOUR PLAN, HOW MIGHT YOU FEEL?	

www.PeterLiciaga.com

Check out the
Wheel of Life tool
that I use for my
clients.

