Figure 3.3
Self-Care Plan Weekly Monitoring Form

1. Identify specific self-care strategy for desired day/time of week (take into consideration other typical daily activities).
2. Identify self-care domain:
   - a. Active and Healthy Body; b. Active and Healthy Mind; c. Active and Healthy Social Life; d. Rested and Relaxed Body and Mind; e. Spirituality; f. Professional Boundaries
3. Rate Pleasure (P) 0-10
4. Rate Accomplishment (A) 0-10

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5. What went well? How can you continue moving in a positive direction?

______________________________________________________________________________________________________________________________

6. Did any self-care strategy not go as planned? How can it be done differently (obstacles to problem-solve)?

______________________________________________________________________________________________________________________________

7. What did you learn about yourself?

______________________________________________________________________________________________________________________________

8. Final thoughts or feelings moving forward?

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