



Self-care Plan



Intellectual



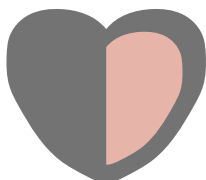
Physical



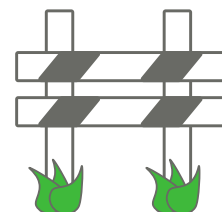
Spiritual



Social



Emotional



Obstacles to Your Self-care Plan
