

My List



What changes would you make to create a welcoming and safe environment for staff, clients, volunteers, and community?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

_____ **'s Self Care Plan!**

MIND

BODY

SPIRIT

*What makes your
soul come
alive?*

SUPPORTIVE PEOPLE IN MY LIFE

I WANT TO ACCOMPLISH