UNITY PATH
FAMILY SUPPORT

My Self-Care Plan & Resource Guide

Fillable PDF Notice

These worksheets are provided as fillable PDFs for your convenience. Compatibility may vary depending on your device, browser, or PDF application. If the fillable fields do not function properly, simply print the worksheet and complete it by hand.

My Self-Care Commitment

This week, I will make my well-being a priority by taking small, intentional steps toward healing.

My Top 3 Self-Care Goals

1. _____
2. _____
3. _____

One Healthy Boundary I Will Practice

_____

_____

Three Healthy Ways I Will Care for Myself

☐ Journal
☐ Take a walk
☐ Pray or meditate
☐ Read
☐ Listen to calming music
☐ Connect with a trusted friend
☐ Practice deep breathing
☐ Rest
☐ Other: _____

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My Support Network

Name: _____

Phone: _____

Name: _____

Phone: _____

Relationship: _____

Helpful Resources

- Local crisis line: _____
- Family physician or healthcare provider: _____
- Local mental health or addiction services: _____
- Family support group: _____
- Trusted community organization: _____

My Reminder to Myself

Today's Affirmation

"Every small act of self-care is a step toward healing. I deserve compassion, hope, and peace."

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