How to use this worksheet:

- Fill it out at the start of each month (or week) to set clear intentions
- Color or fill in how much you have accomplished with these set goals. This can tell you what may be working or not working in order to reach these goals.
- Review your progress regularly and note any adjustments needed.
- Celebrate your wins, no matter how small.

SELF-CARE PRIORITY *plan*

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DAILY GOAL	START DATE:

GOAL PROGRESS: 0% 100%

WEEKLY GOAL	START DATE:

GOAL PROGRESS: 0% 100%

MONTHLY GOAL	START DATE:

GOAL PROGRESS: 0% 100%