

## Self-Care Plan

Identify the self-care strategies that seem to work best for you.

Level and Need	Ask Yourself	Go-To Strategies
Level one: Physiology	Are my basic needs met?	
Level two: Safety	Do I feel safe?	
Level three: Belonging	Do I feel like I belong?	

Level and Need	Ask Yourself	Go-To Strategies
Level four: Esteem	Do I feel confident?	
Level five: Self-Actualization	Am I living my best life?	
Level six: Transcendence	Do I feel connected to something greater than myself?	