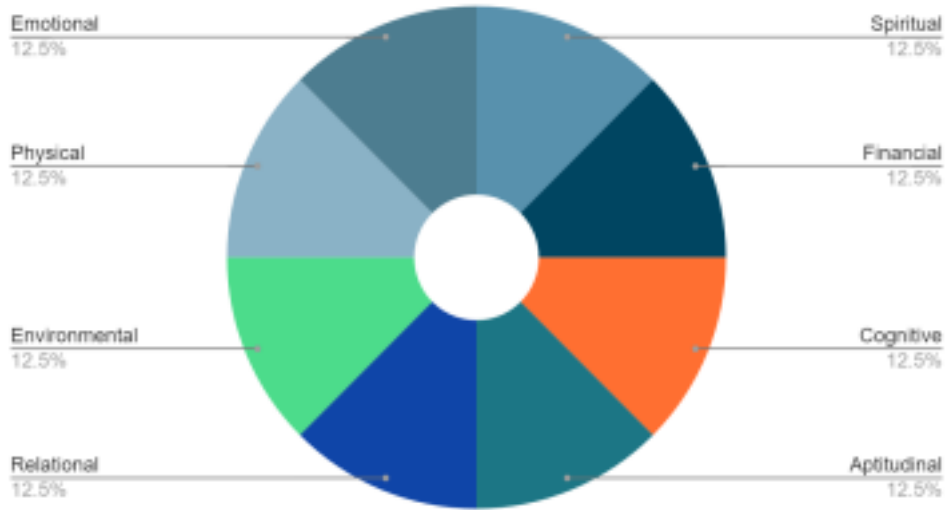


SELF CARE ACTION PLAN

8 Dimensions of Self Care



Emotional (How we express ourselves)

(How we illuminate our inner truth) **Spiritual**

Physical (How we eat, move and rest)

(How we allocate our resources) **Financial**

Environmental (How we harmonize w/ nature)

(How we think and treat our thoughts) **Cognitive**

Relational (How we connect with others)

(How we contribute to the world) **Aptitudinal**
