

# Margins of Grace

## Self-care Plan



**What gives me joy?**

**What gives me joy when I am alone?**

**Who are my helpers?**

**When are they available?**

**What I am doing:**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

**What do I need to do MORE of?**

What do I need to do LESS of?	Who will do it when I don't?