

Make A Plan for Your PATH



Use this as a daily way to remind yourself of what you need.
Prepare, Plan and Be Mindful

I AM GRATEFUL FOR:

I WILL TUNE INTO:

MY SELF-CARE INCLUDES:

- | | |
|-----------------------------------|---------------------------------------|
| <input type="checkbox"/> Foods | <input type="checkbox"/> Friends |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Family |
| <input type="checkbox"/> Laughter | <input type="checkbox"/> Hobbies/ Fun |
| <input type="checkbox"/> Spirit | |

I WILL FORGIVE:

My Care Plan

We need care plans for all sorts of situations. This worksheet is for you to create those plans so that when a situation occurs you can refer here and not panic for help or resources.

Important Documents Can Be Found Here: _____

In Case of An Emergency: _____



My Care Plan

What do I need to do first?

Am I prepared with gas in the car, phone charged and charger with me?

Do I know where the important medical records are?

What is the name and phone number of my loved one's medical doctor?

How will I take care of my work?

Who will pick up the kids? Take care of my pets?

My Plan for a Vacation, Break or Business Trip is:



Do I have all the important contacts stored on my phone?

Who is my backup in case of an emergency?

How will they reach me?

What level of responsibility do they have, or have I given them?

Which family members can help and what can they do?

Who are the neighbors I can rely on for help?



My Plan if I Am Ill or Injured Is:

Who is my number one back up person?

What decision making limits do they have?

Who is my number two back up person?

How much responsibility are they willing to take on?

What will I need done for my parent, spouse, other?

Who will take care of my family?



Who needs to be contacted?

Siblings?

Names: _____

Numbers: _____

Neighbors?

Names: _____

Numbers: _____

Friends?

Names: _____

Numbers: _____

What Other Situations Will I Need to Plan For?
