

Self-Care Plan

This process can be an emotional journey. It is important to take care of yourself throughout the process and beyond into parenthood. Creating a self-care plan can be helpful as you navigate the next step of the journey.

❖ List 3 things you might be able to do while you wait to be matched:

1.

2.

3.

❖ List 3 things to do if you are released from a presentation:

1.

2.

3.

❖ List 3 things you can do if there is a change of heart:

1.

2.

3.