

SELF-CARE



DATE: / /



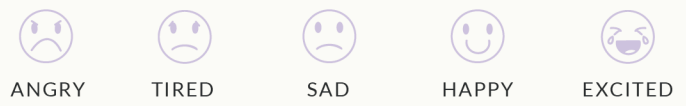
TODAY I'M GRATEFUL FOR:

1. _____
2. _____
3. _____

WATER INTAKE



MOOD



TODAY'S DECLARATION

REMINDERS

PLAN FOR TOMORROW
