

SELE-CARE

A THIRTY-DAY CHALLENGE

Physical, Emotional, Social, Spiritual, Personal, and Professional

I am a beautiful person, inside and out.

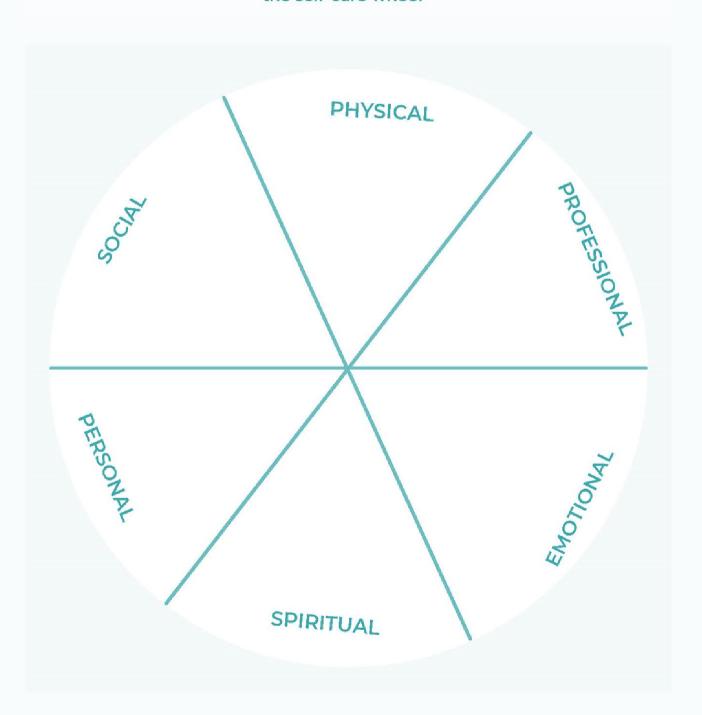
SELECARE

A THIRTY-DAY CHALLENGE

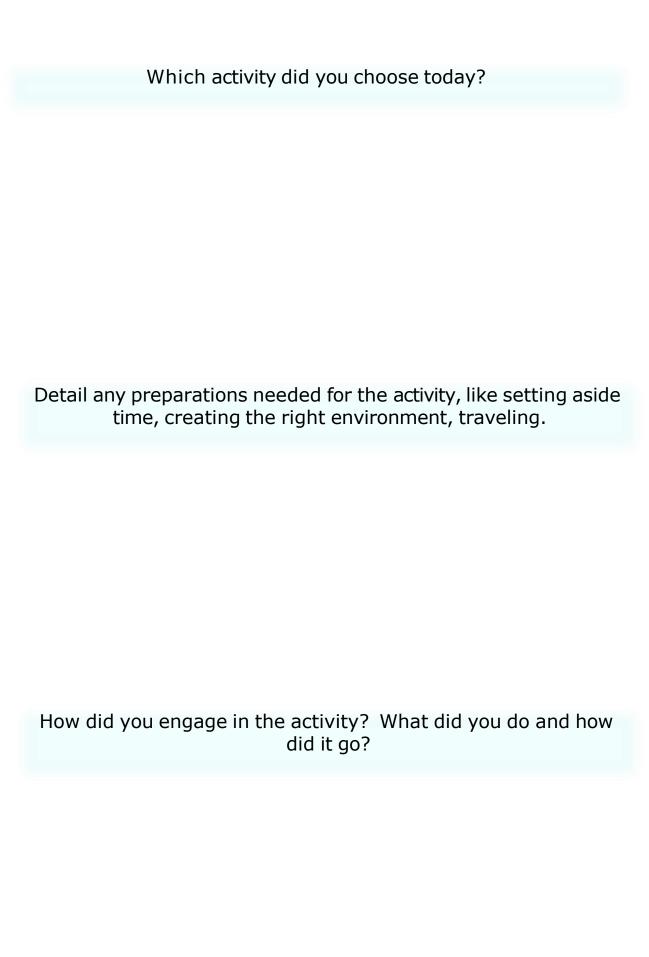
SELF-CARE

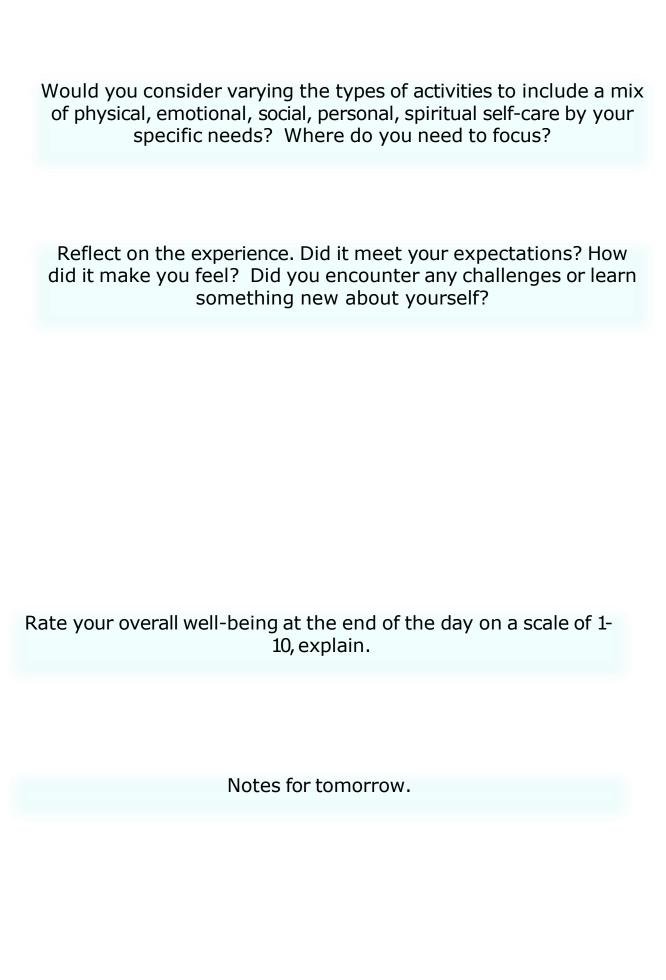
A THIRTY-DAY CHALLENGE

Assess your level of contentment for each area on the self-care wheel



What challenges do you face in maintaining a balanced diet, and how do you overcome them?





Today I'm grateful for:

1

2

3

4

Today I felt:















Notes:

For tomorrow:

