

# SELE-CARE

A THIRTY-DAY CHALLENGE

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

I honor my needs and recognize they are important.

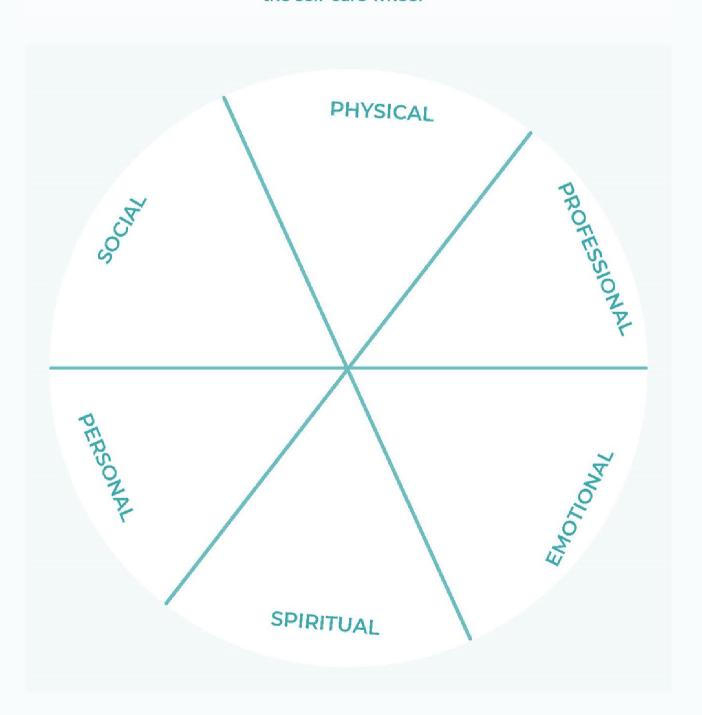
# SELE-CARE

A THIRTY-DAY CHALLENGE

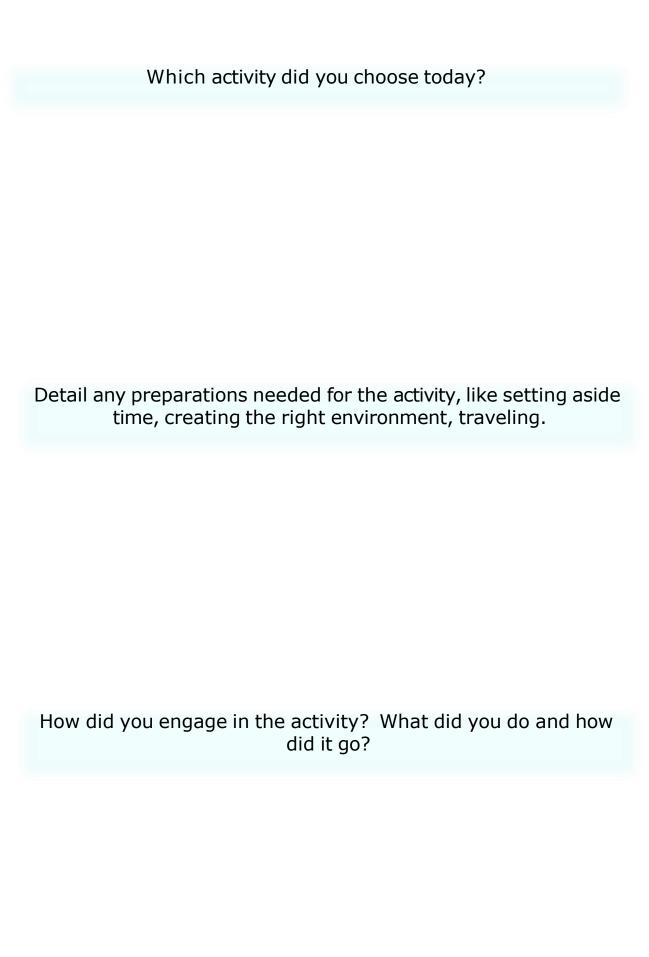
## SELF-CARE

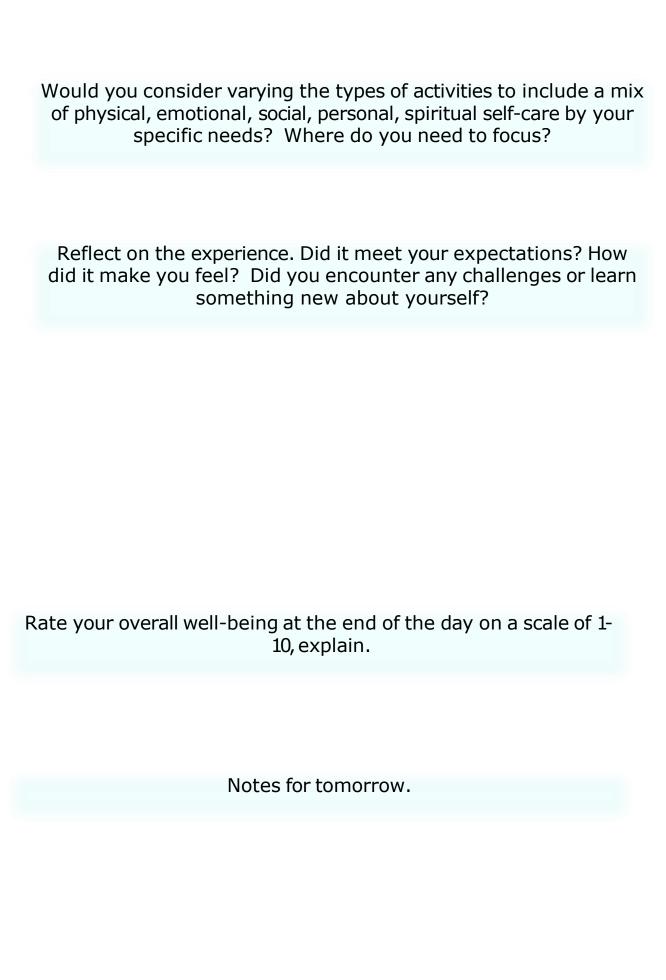
#### A THIRTY-DAY CHALLENGE

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



How do yo	ou incorporate the basics of a healthy diet into your
	daily life?
<b>VA</b> (1)	
What are so	ome effective strategies you've found for managing stress through physical activities?
	stress through physical activities:







### Today I'm grateful for:

1

2

3

4

### Today I felt:















Notes:

For tomorrow:

