

SELE-CARE

A THIRTY-DAY CHALLENGE

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

Every act of selfcare is a step towards better health and happiness.

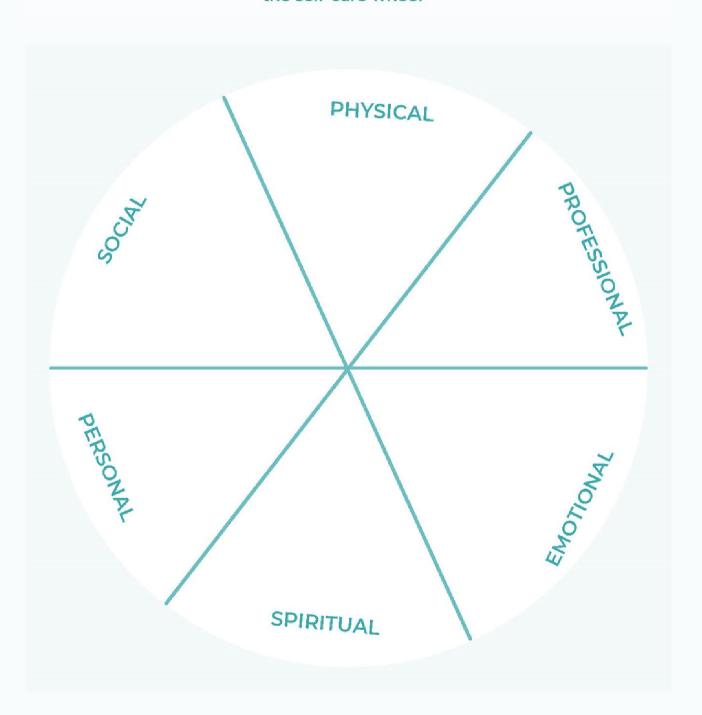
SELECARE

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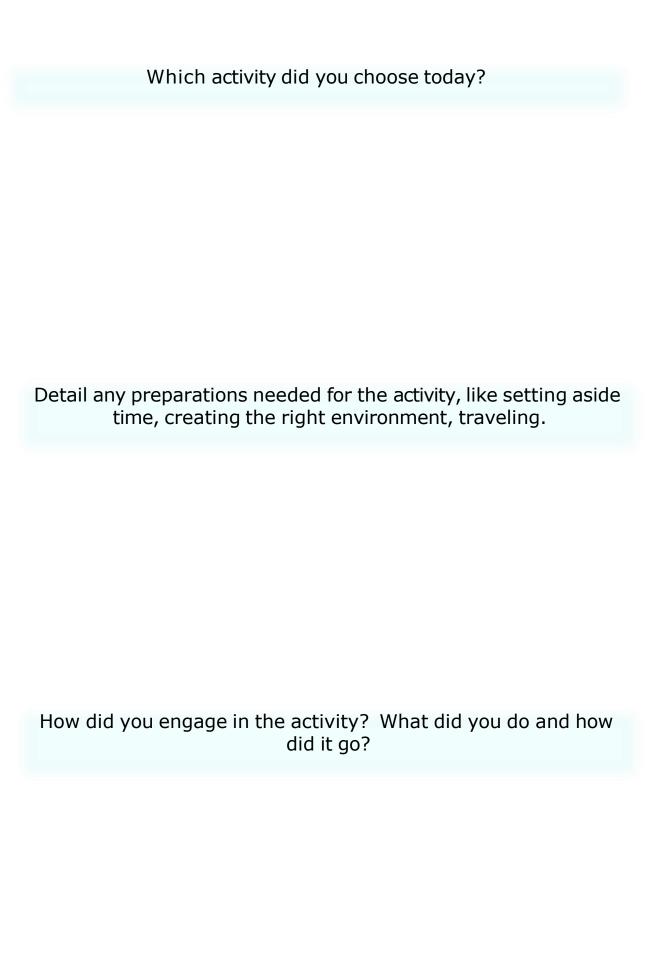
SELF-CARE

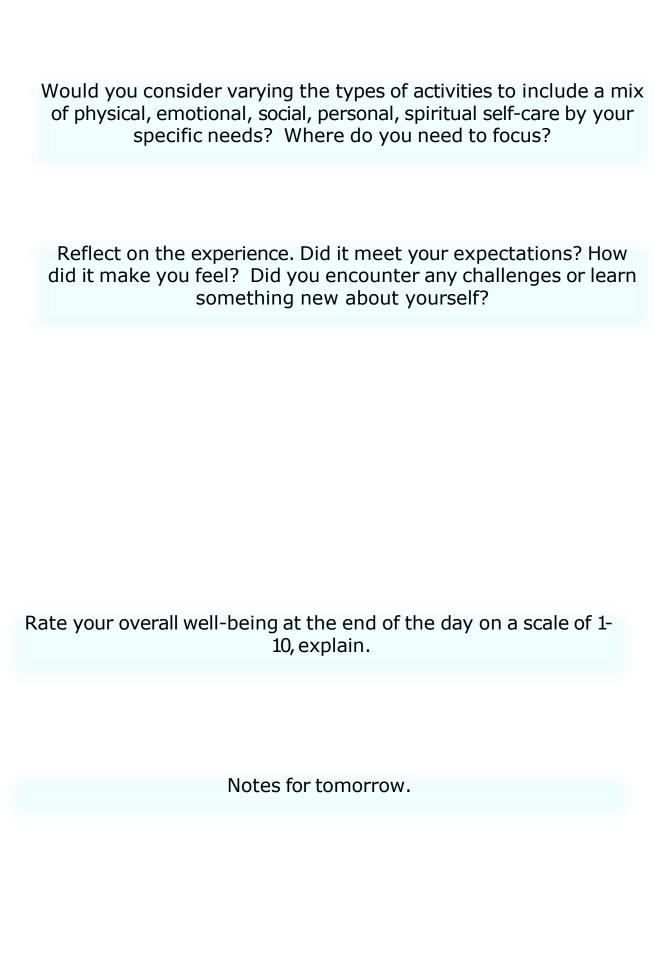
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Assess your level of contentment for each area on the self-care wheel



What techniques do you use to effectively understand and manage your emotions?





Today I'm grateful for:

1

2

3

4

Today I felt:















Notes:

For tomorrow:

