

# SELE-CARE

A THIRTY-DAY CHALLENGE

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

I deserve to feel good, and self-care helps me achieve that.

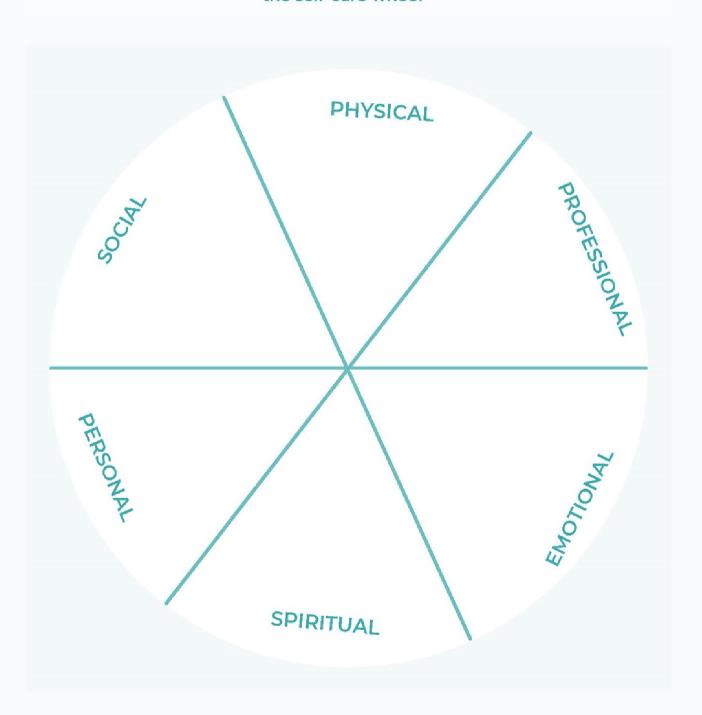
# SELECARE

A THIRTY-DAY CHALLENGE

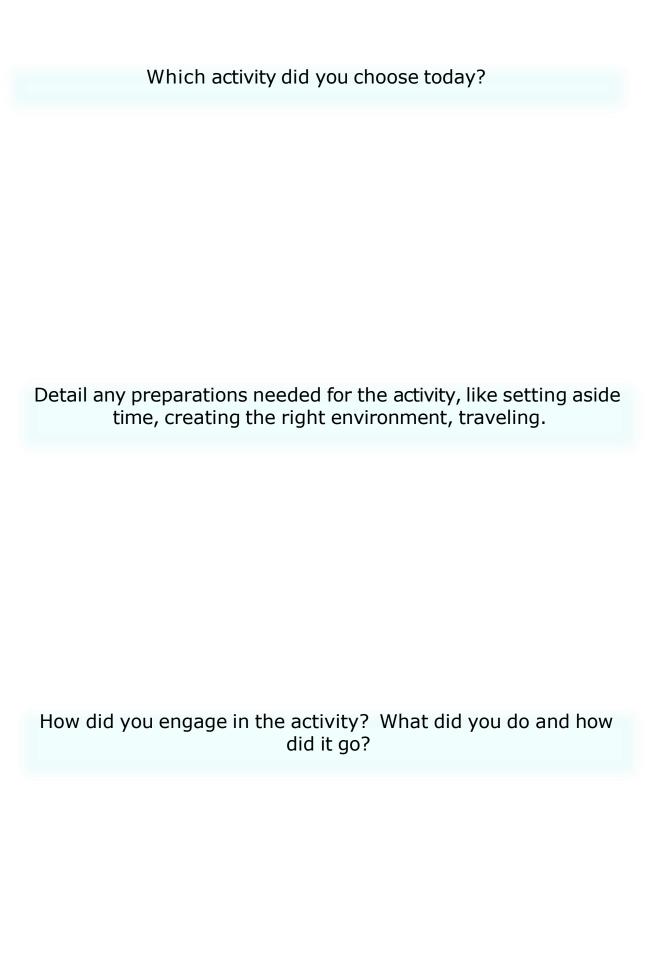
## SELF-CARE

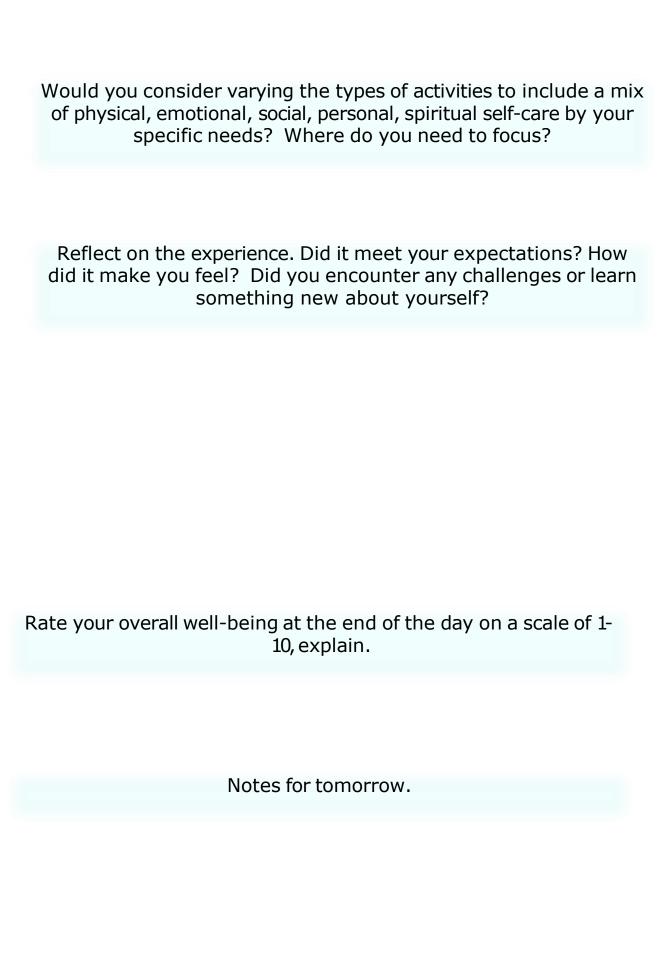
#### A THIRTY-DAY CHALLENGE

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



1 How do you nurture your social connections while respecting your personal boundaries?





### Today I'm grateful for:

1

2

3

4

### Today I felt:















Notes:

For tomorrow:

