

SELE-CARE

A THIRTY-DAY CHALLENGE

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

"I embrace my uniqueness and celebrate the qualities that make me who I am."

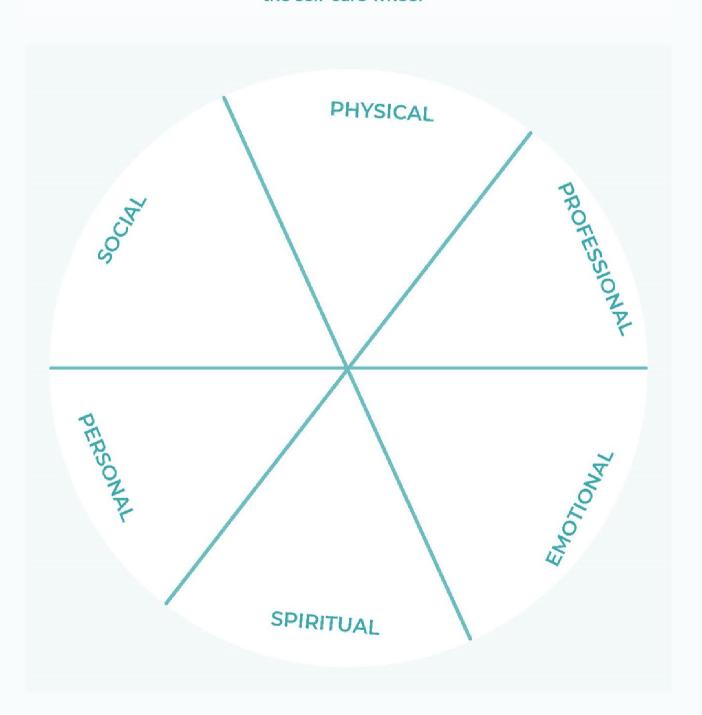
SELECARE

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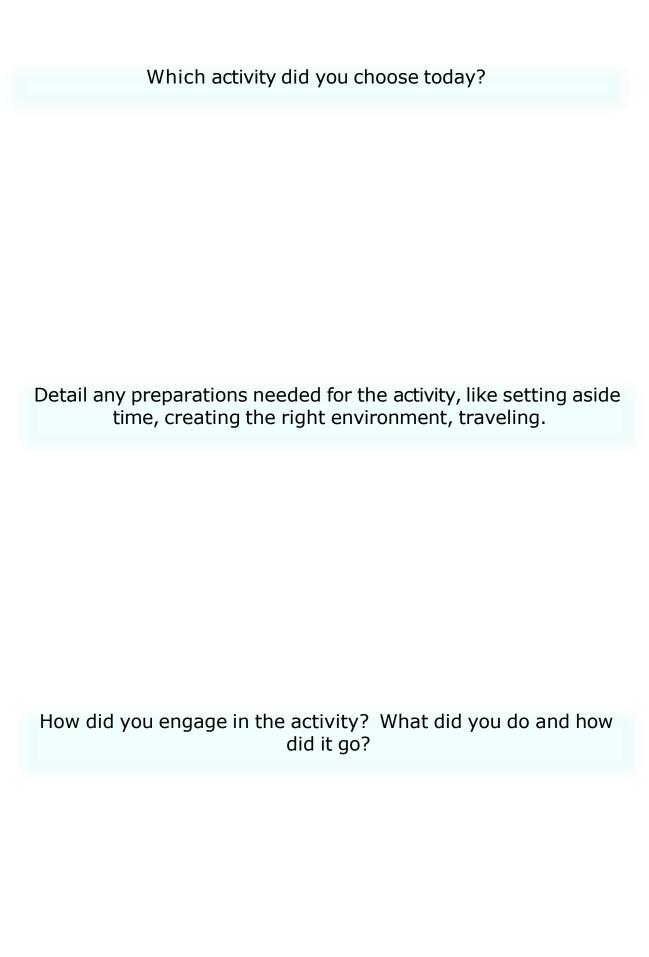
SELF-CARE

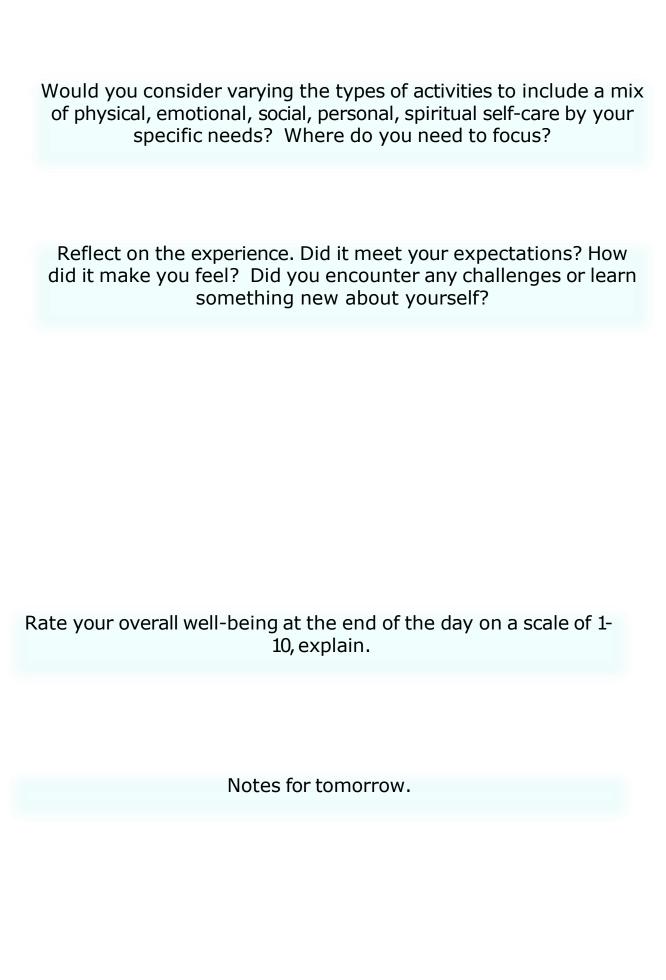
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Assess your level of contentment for each area on the self-care wheel



2. How do hobbies and creative activities contribute to your sense of self and well-being?





Today I'm grateful for:

1

2

3

4

Today I felt:















Notes:

For tomorrow:

