

# SELE-CARE

A THIRTY-DAY CHALLENGE

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

"When I miss a self-care activity, I learn and grow from the experience, remaining committed to my well-being."

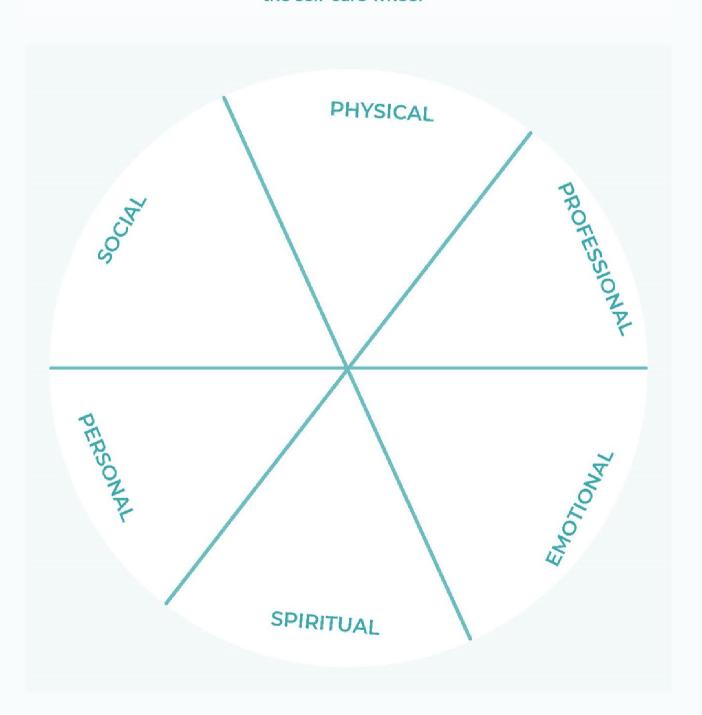
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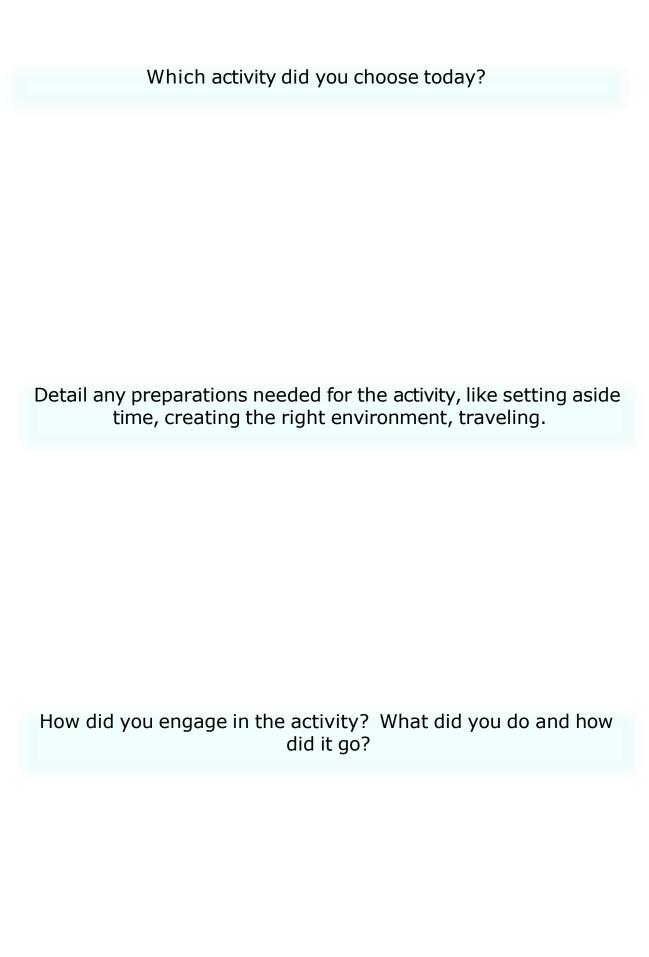
## SELF-CARE

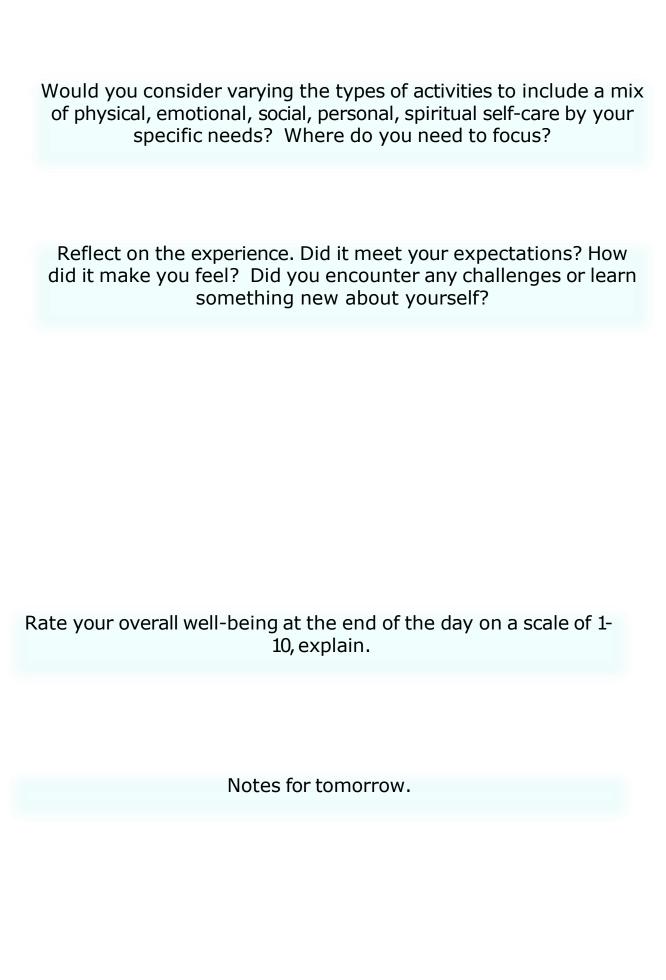
#### A THIRTY-DAY CHALLENGE

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



Can you share a self-care strategy that has worked well for you and might benefit others?







### Today I'm grateful for:

1

2

3

4

### Today I felt:















Notes:

For tomorrow:

