

# SELE-CARE

A THIRTY-DAY CHALLENGE

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

"I am competent, skilled, and bring valuable contributions."

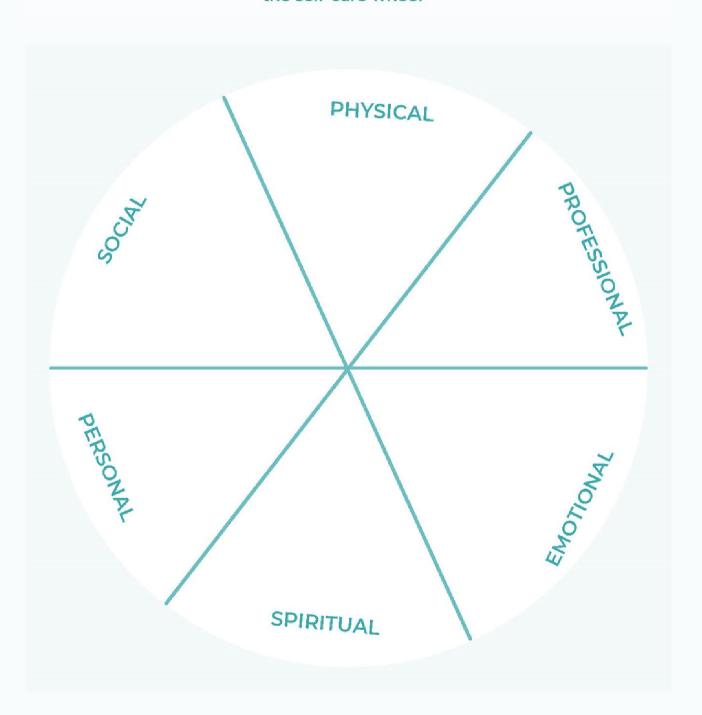
## SELECARE

A THIRTY-DAY CHALLENGE

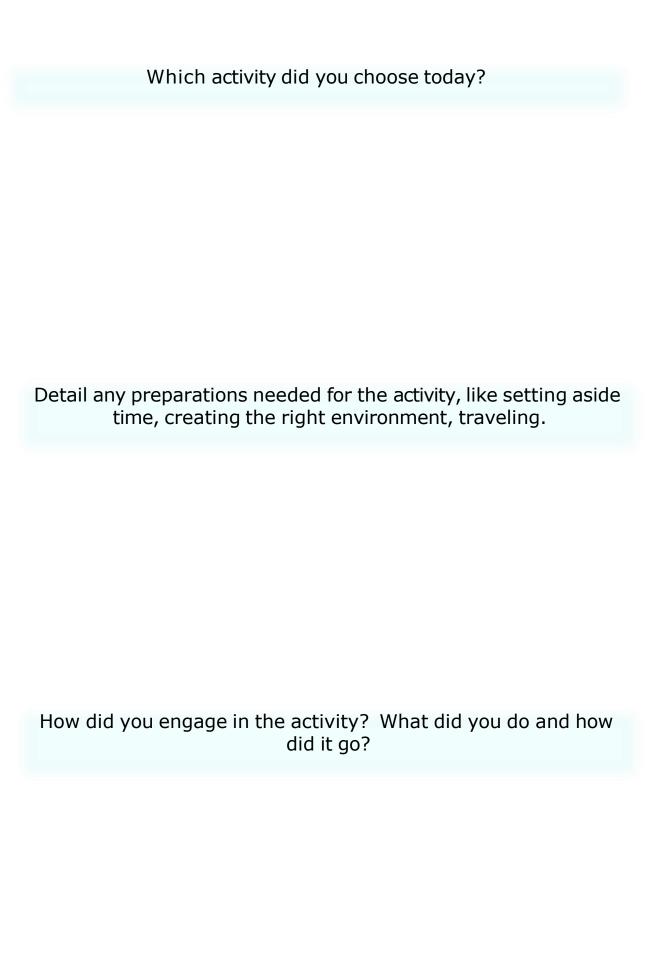
### SELF-CARE

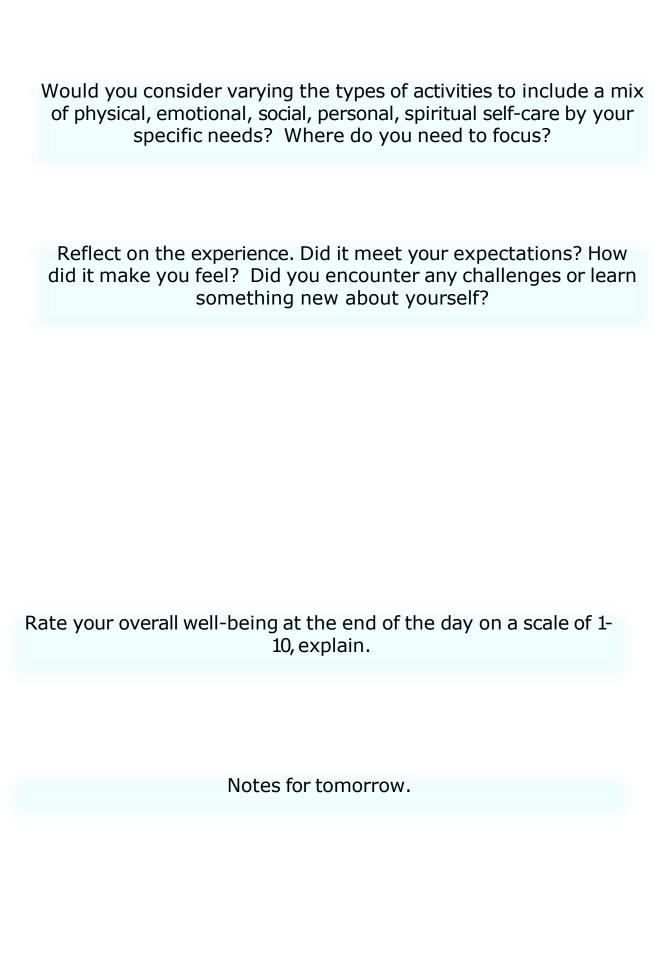
#### A THIRTY-DAY CHALLENGE

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



### How do you set and maintain professional boundaries in your workplace?





#### Today I'm grateful for:

1

2

3

4

#### Today I felt:















Notes:

For tomorrow:

