

# SELE-CARE

A THIRTY-DAY CHALLENGE

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

"My self-care is a priority, and I make conscious efforts to include it in my daily schedule."

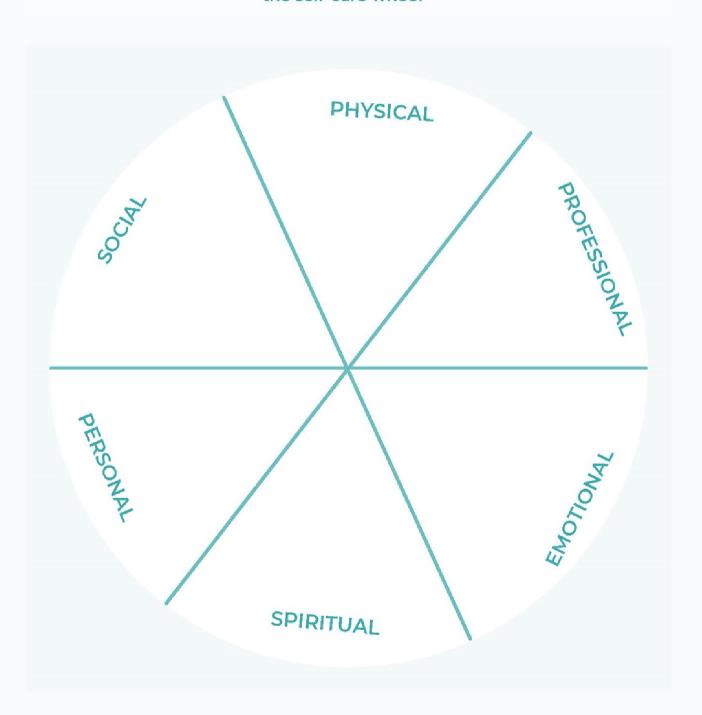
## SELECARE

A THIRTY-DAY CHALLENGE

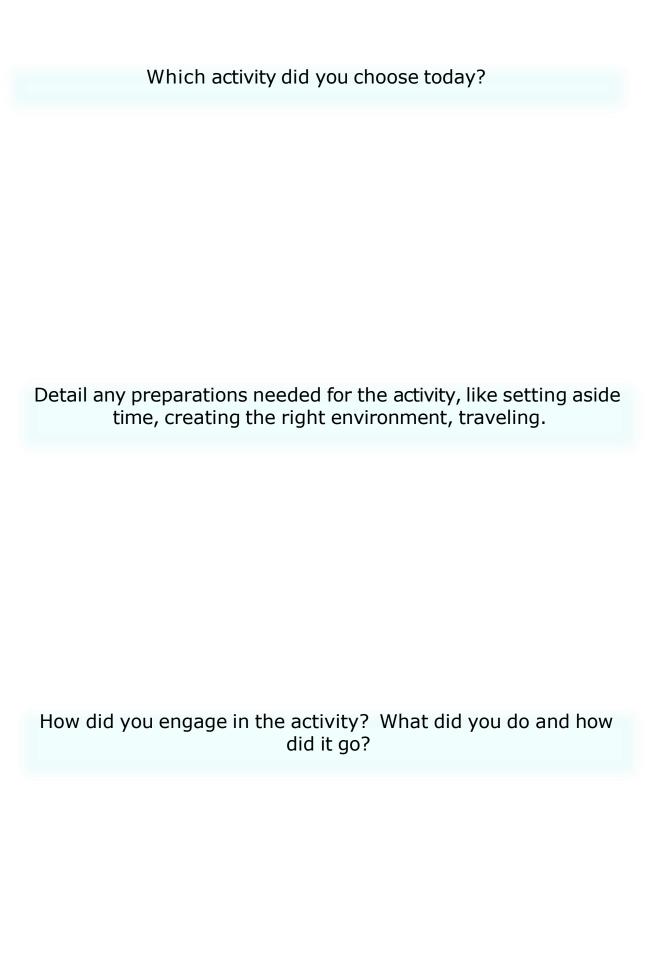
### SELF-CARE

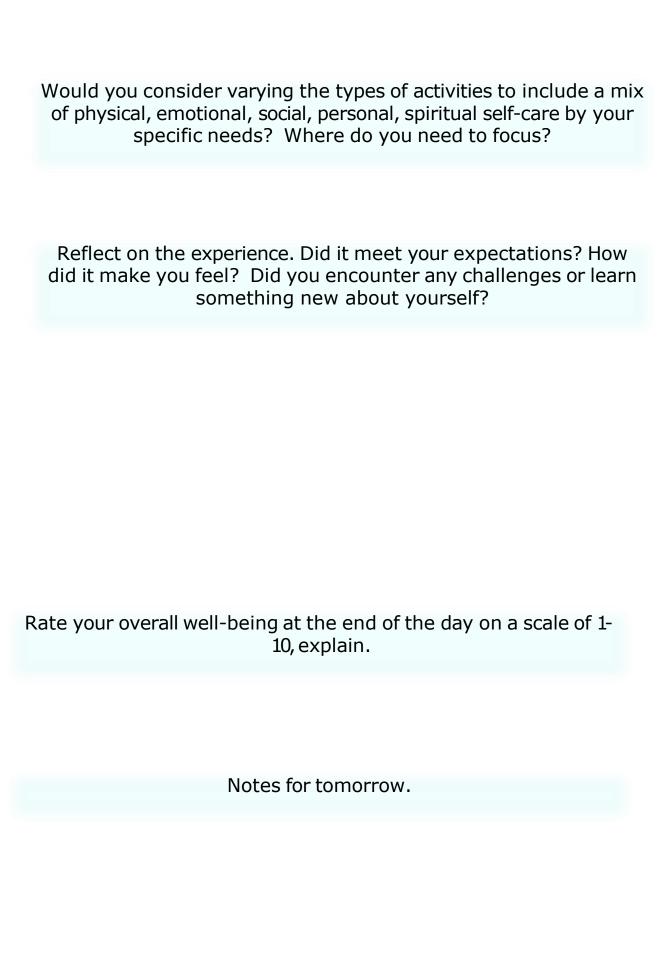
#### A THIRTY-DAY CHALLENGE

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



### How can you tailor self-care practices to fit your personal preferences and lifestyle?





#### Today I'm grateful for:

1

2

3

4

#### Today I felt:















Notes:

For tomorrow:

