

# SELE-CARE

A THIRTY-DAY CHALLENGE

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

"I maintain a healthy balance between my professional ambitions and my personal well-being."

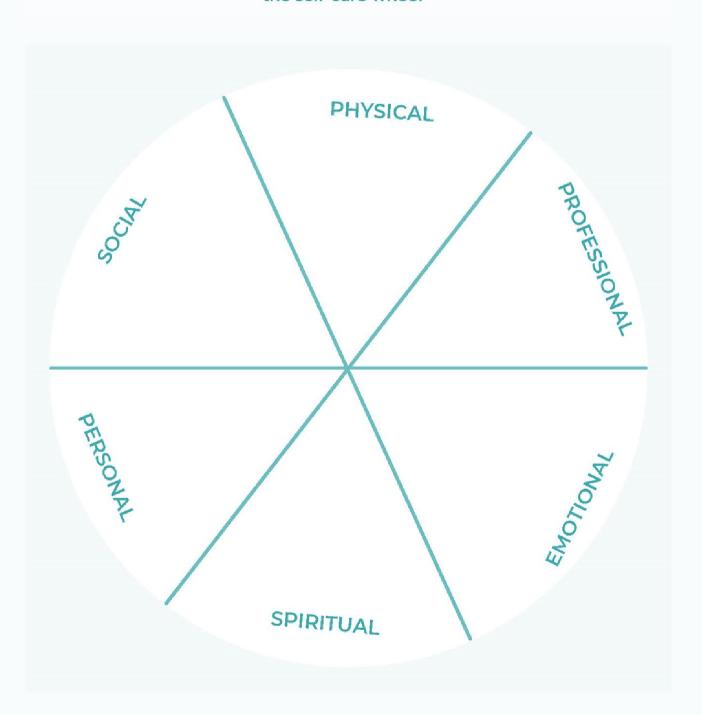
## SELECARE

A THIRTY-DAY CHALLENGE

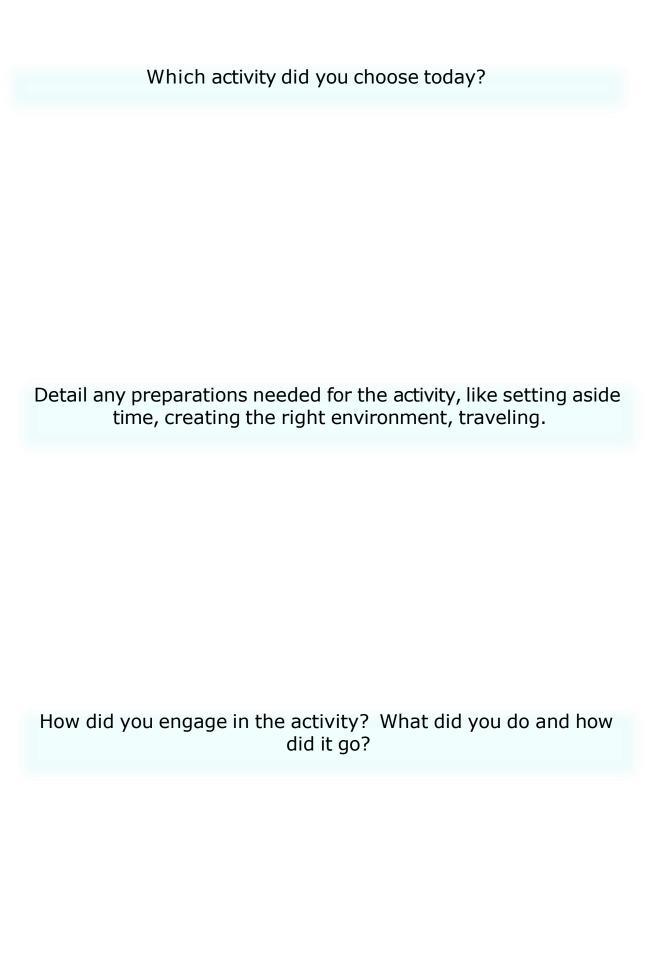
### SELF-CARE

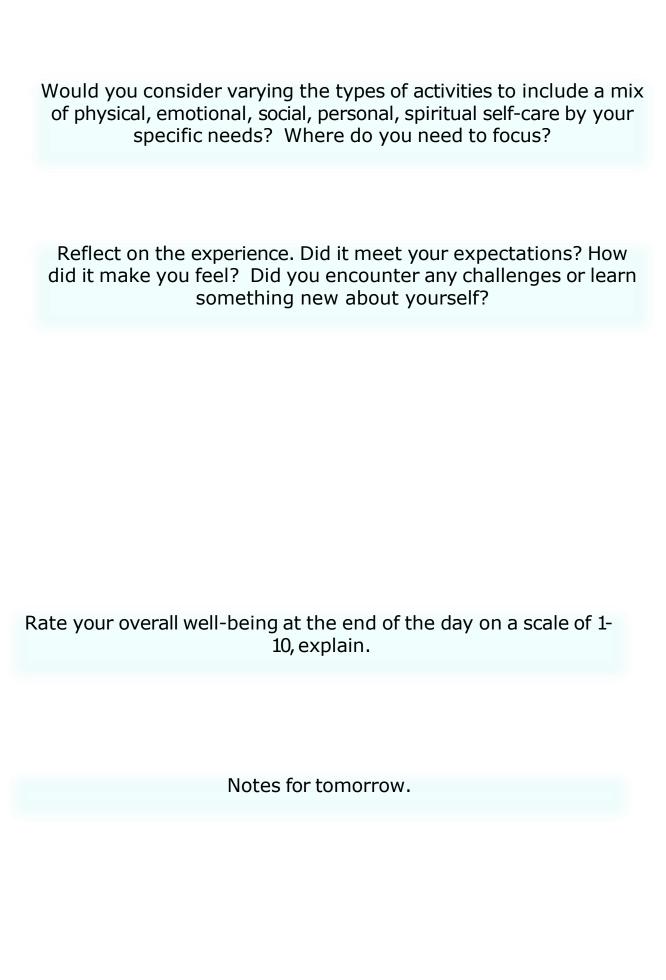
#### A THIRTY-DAY CHALLENGE

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



Can you share effective methods you've used to cope with stress in a professional setting?





#### Today I'm grateful for:

1

2

3

4

#### Today I felt:















Notes:

For tomorrow:

