

SELE-CARE

A THIRTY-DAY CHALLENGE

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

"I am capable of overcoming challenges and making time for my self-care, no matter how busy I am."

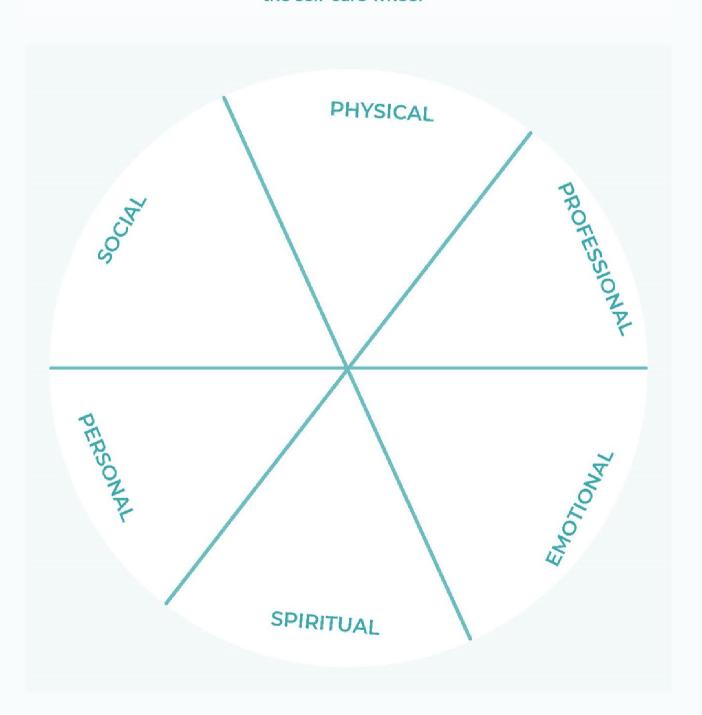
SELECARE

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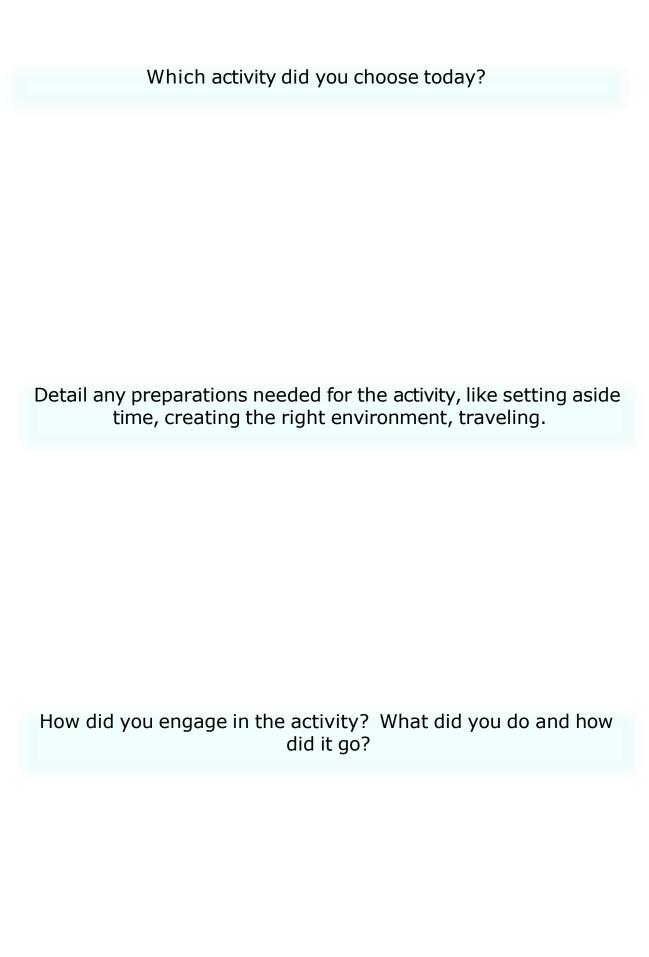
SELF-CARE

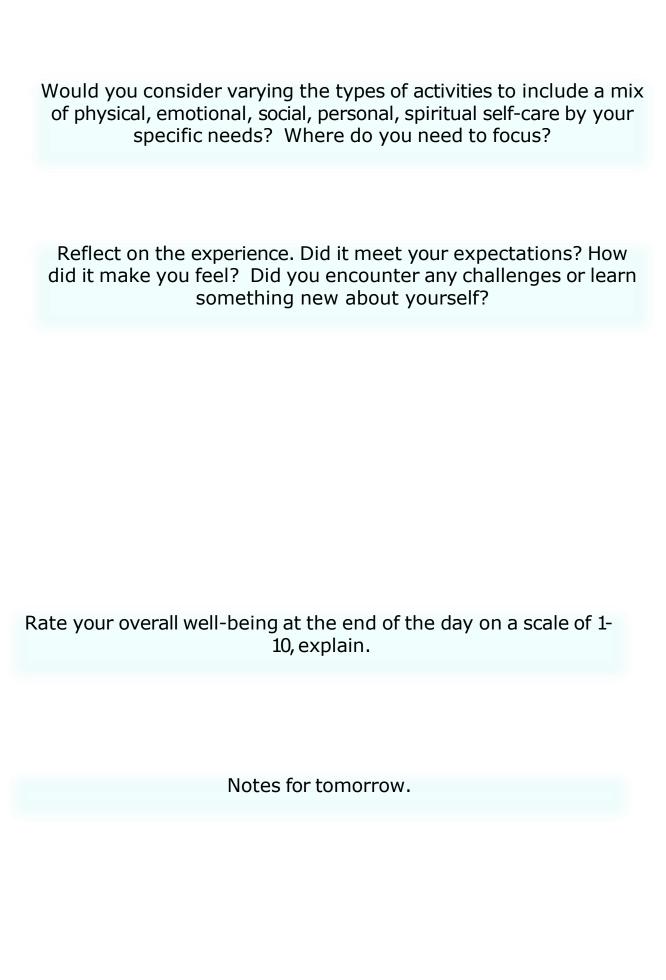
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Assess your level of contentment for each area on the self-care wheel



What challenges do you face in making time for self-care on a daily basis, and how might you overcome them?





Today I'm grateful for:

1

2

3

4

Today I felt:















Notes:

For tomorrow:

