

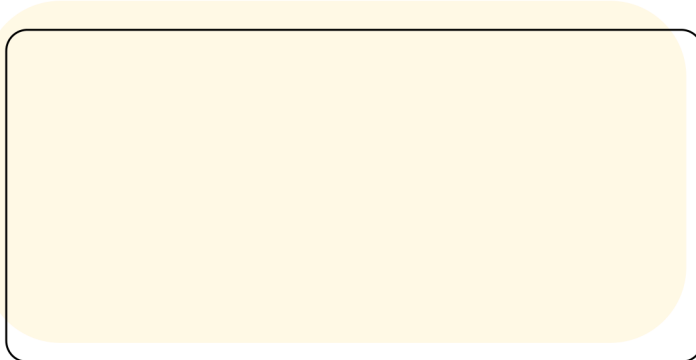
daily self-care planner

S M T W T F S

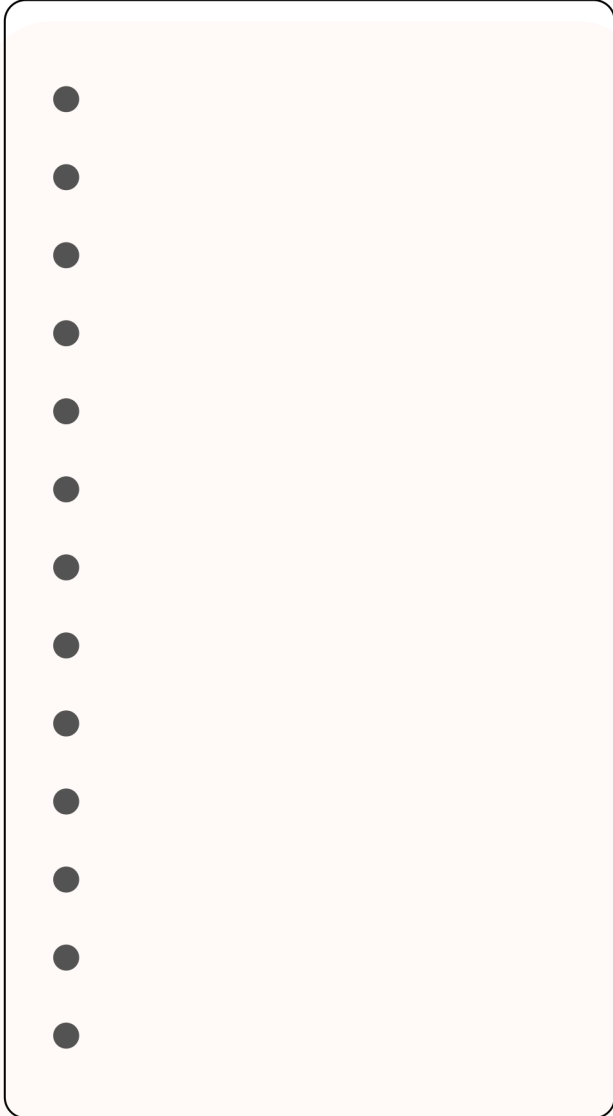
Gratitude



Affirmations



Self Care Goals



Self Care Activities

