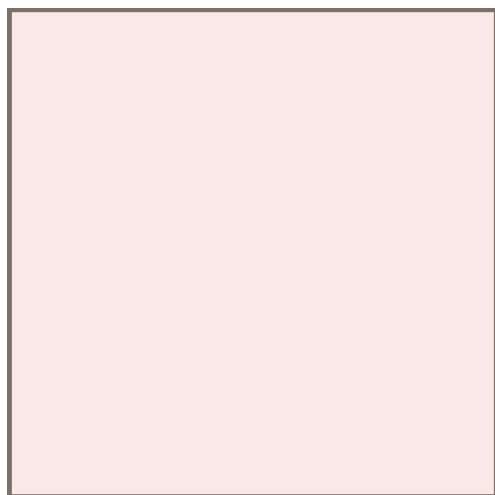
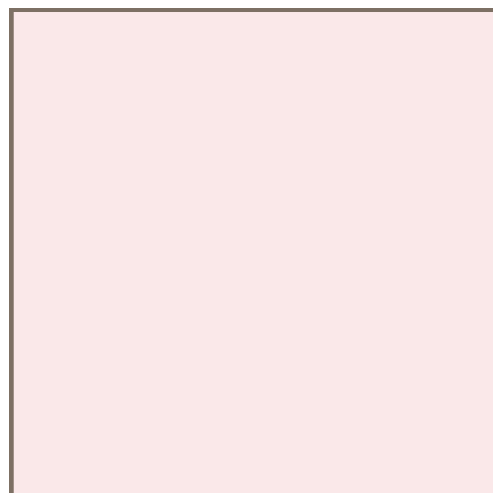


DAILY *Self-Care Routine*

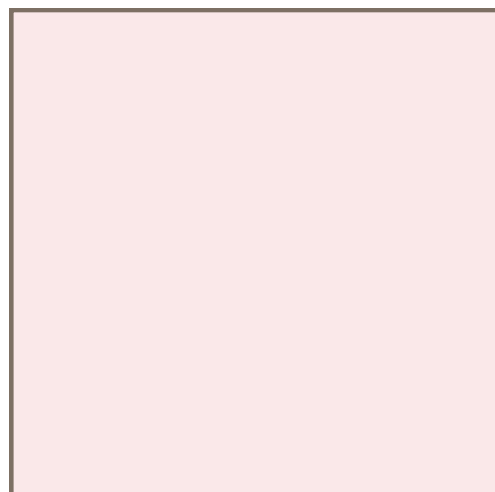
BODY



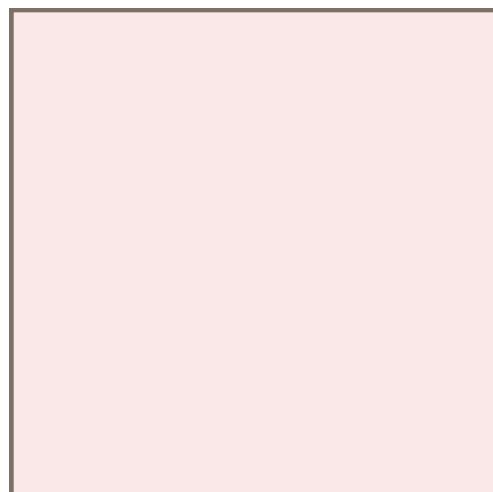
MENTAL WELL-BEING



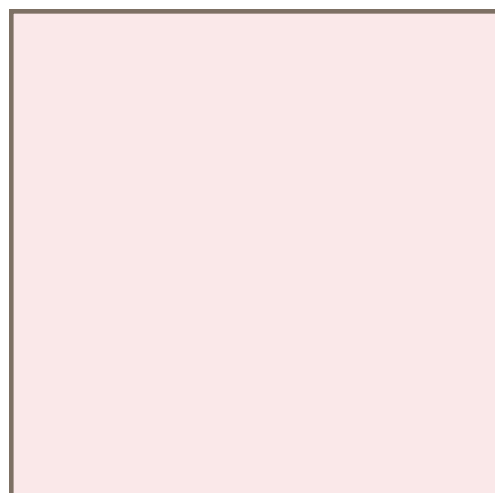
HOME



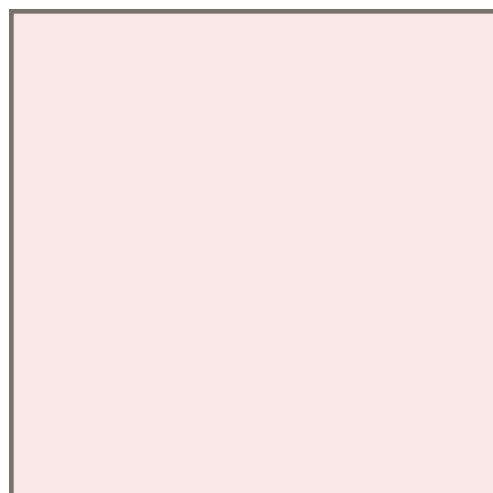
JOY & FUN



RELATIONSHIPS



GROWTH



SELF-CARE *Ideas*

BODY

- TAKE A BATH
- DO YOGA
- GO FOR A WALK
- STRETCH
- DRY BRUSH

HOME

- LIGHT A CANDLE
- BURN INCENSE
- ORGANIZE A DRAWER
- MAKE YOUR BED
- DUST

RELATIONSHIPS

- GO ON A DATE
- CALL A FRIEND
- SNUGGLE ON THE COUCH
- PLAY A GAME

MENTAL WELL-BEING

- LISTEN TO UPLIFTING MUSIC
- MEDITATE
- DO BREATHWORK
- DIFFUSE ESSENTIAL OILS
- TAPPING

JOY & FUN

- GO FOR A BIKE RIDE
- DRAW OR PAINT
- DO A POTTERY CLASS
- BUY YOURSELF SOMETHING
- CREATE A VISION BOARD

GROWTH

- READ A BOOK
- TAKE A CLASS
- DO RESEARCH ON SOMETHING YOU LOVE

INSPIRATION *and* NOTES



SELF-CARE *Checklist*

	S	M	T	W	T	F	S
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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INSPIRATION *and* NOTES