

BEING KIND TO MYSELF

Self  
Care  
Journal





Self



Care



isn't selfish x



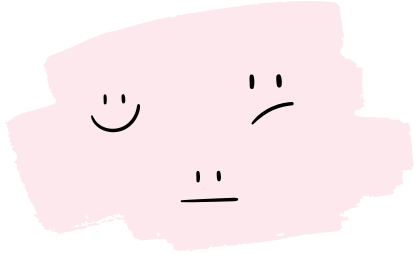
THIS JOURNAL BELONGS TO:



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# taking care of ME

Today I am Feeling:



## Self Love:

What is Beautiful about Me:

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I am Proud of Myself for:

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What I Love about Me:

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How I was Mindful and Present today:

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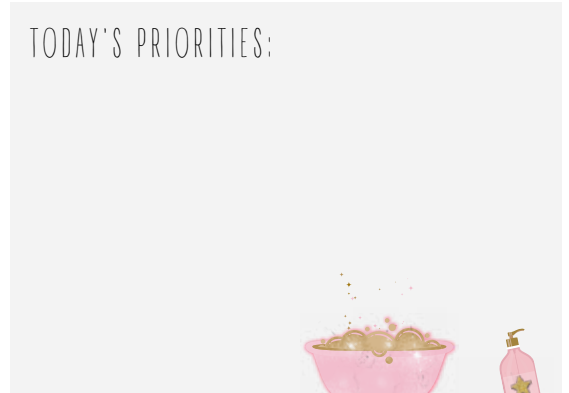
I am Excited for:

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DATE: \_\_\_\_\_

TODAY'S PRIORITIES:



Checklist:

- ☐
- ☐
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I'm feeling Stressed about:



Don't Forget!



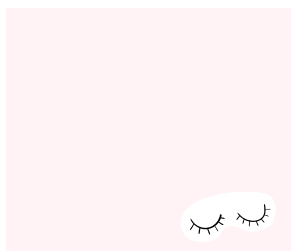


# Today's Wellness



Positive Thought:


How I was Kind to Myself:



How I was Kind to Others:



MY BIG PLANS:



What gave me Joy today:

What I need to Let Go of:


So Grateful for:

JOURNAL:

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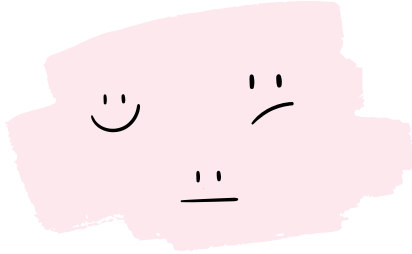
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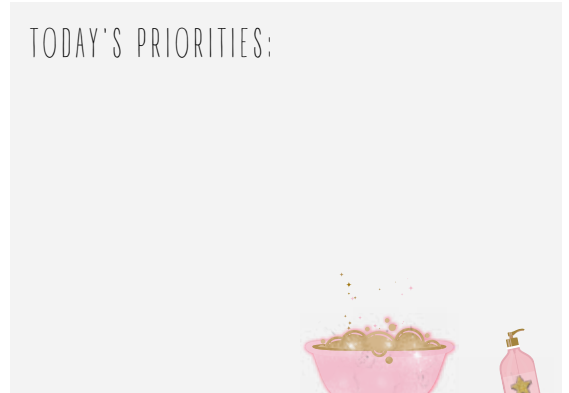
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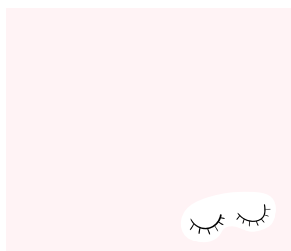


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JOURNAL:

I will CARE for my Body and Mind

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- Breathe
- Go Outside
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- Eat Well
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- Be Kind To Myself



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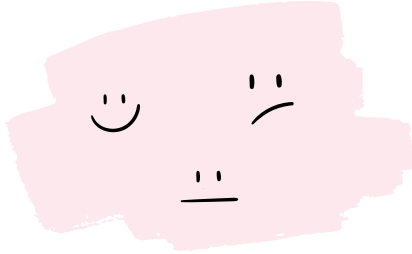
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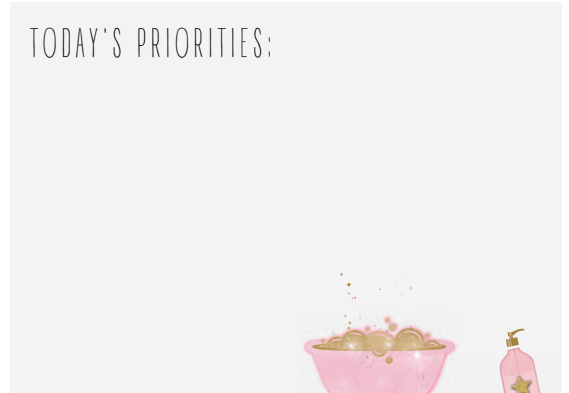
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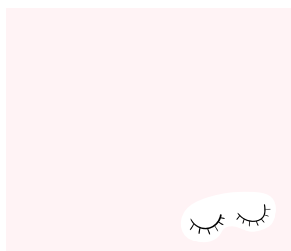


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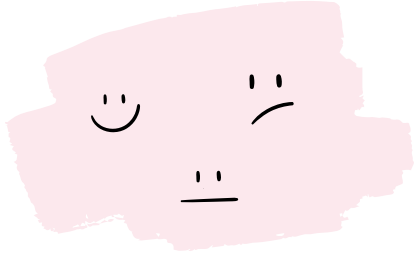
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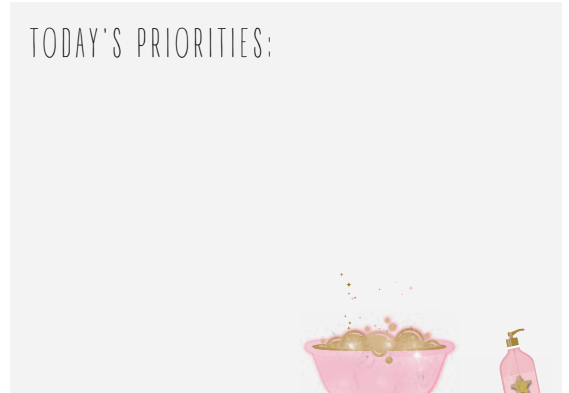
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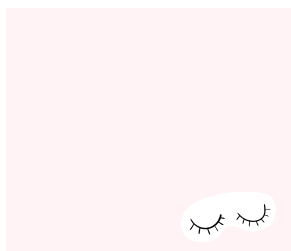


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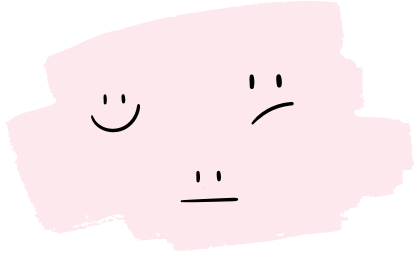
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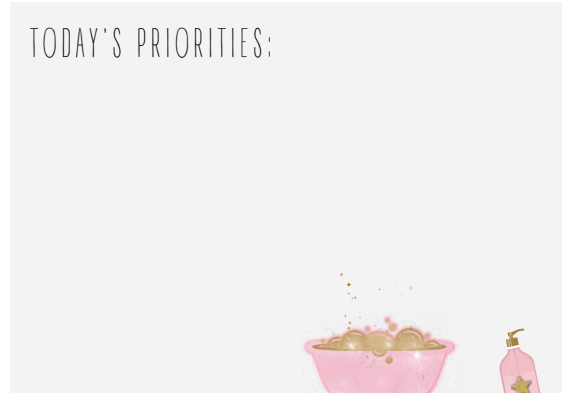
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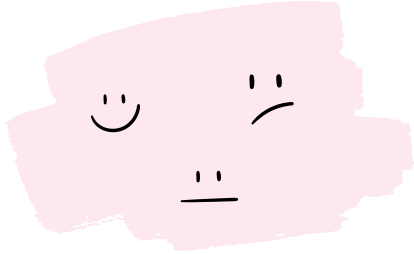
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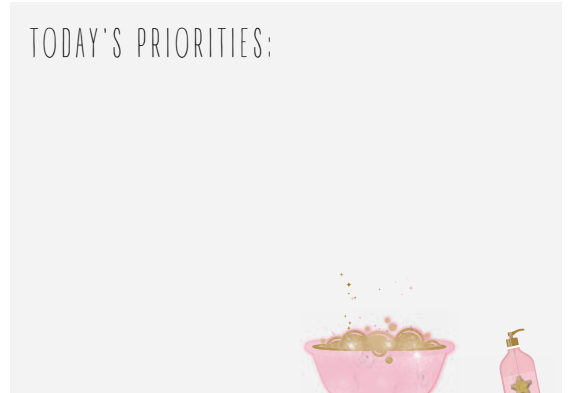
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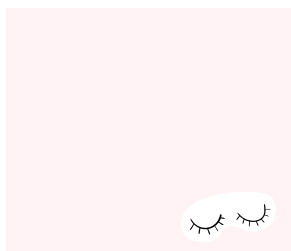


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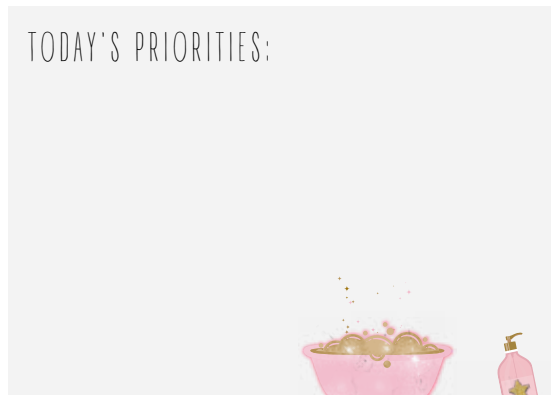
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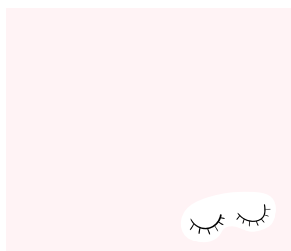
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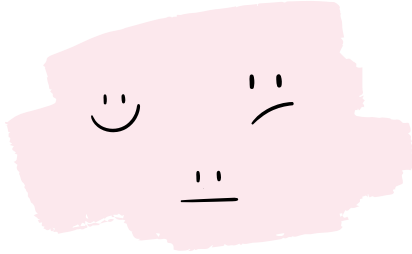
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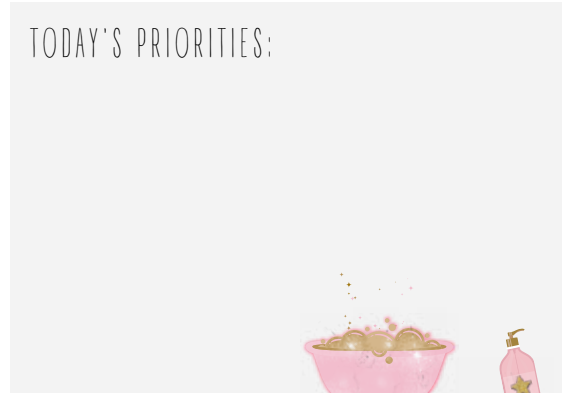
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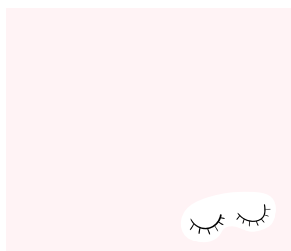
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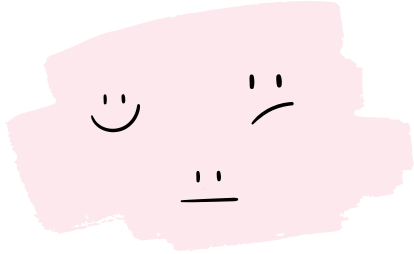
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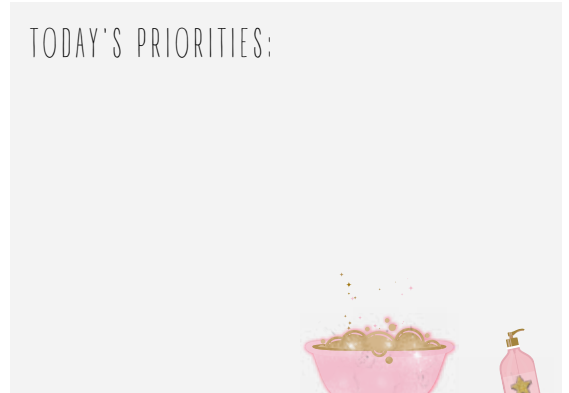
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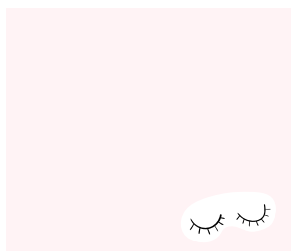


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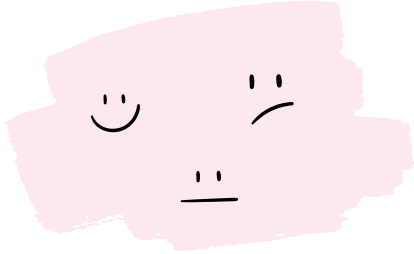
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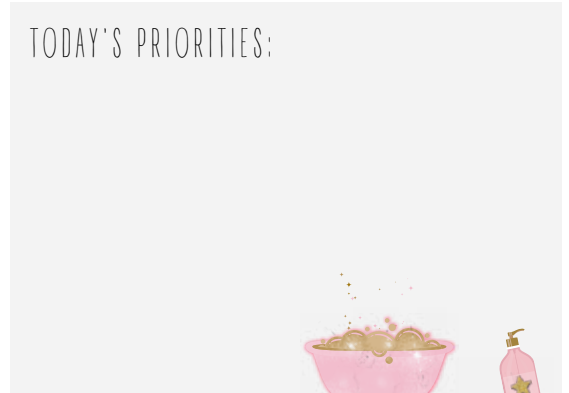
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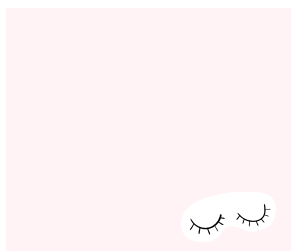


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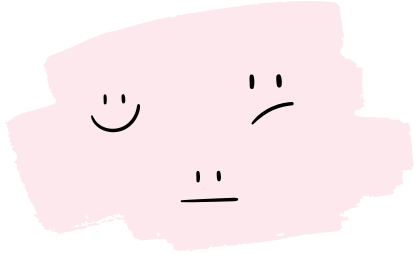
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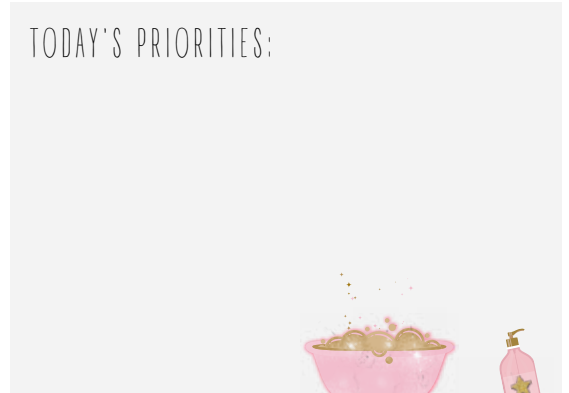
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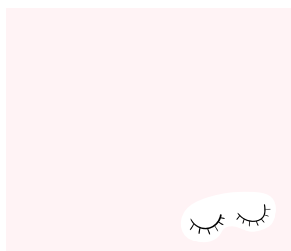


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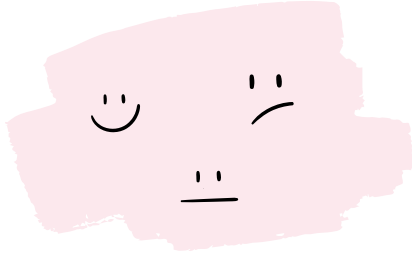
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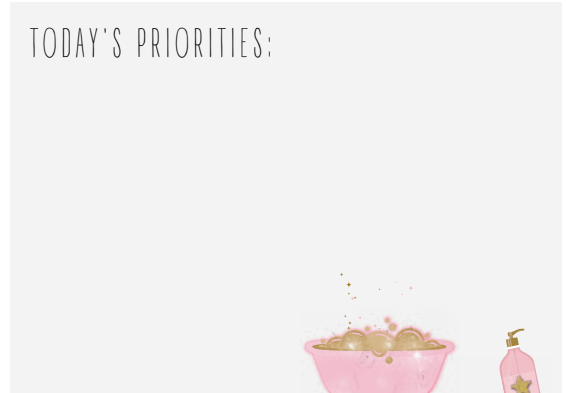
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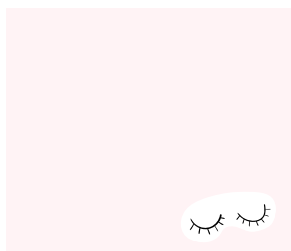
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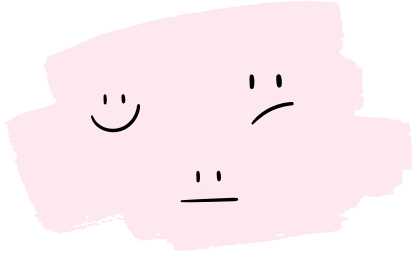


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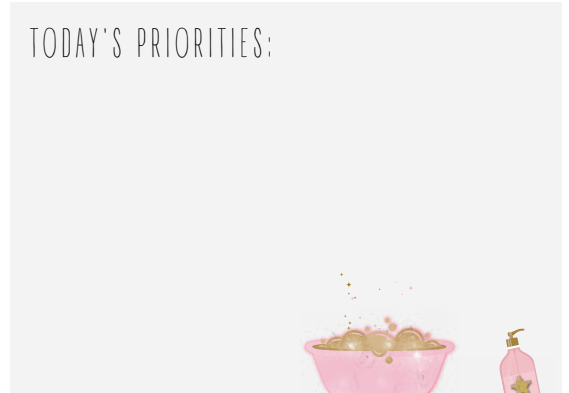
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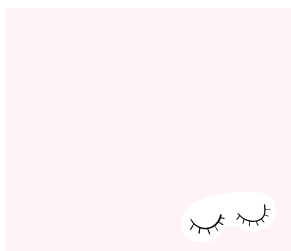
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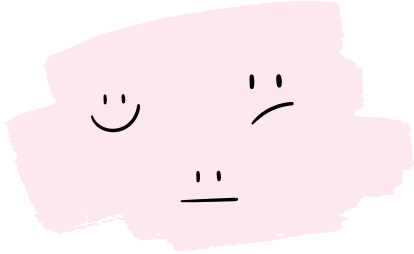
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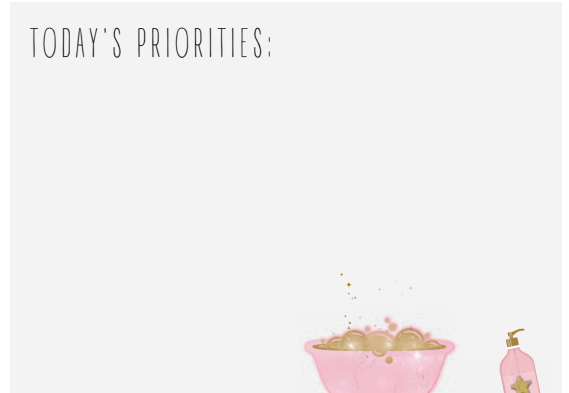
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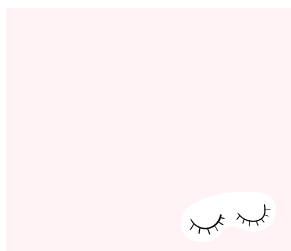
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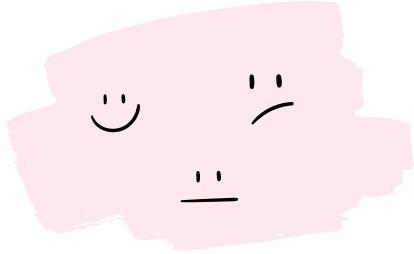
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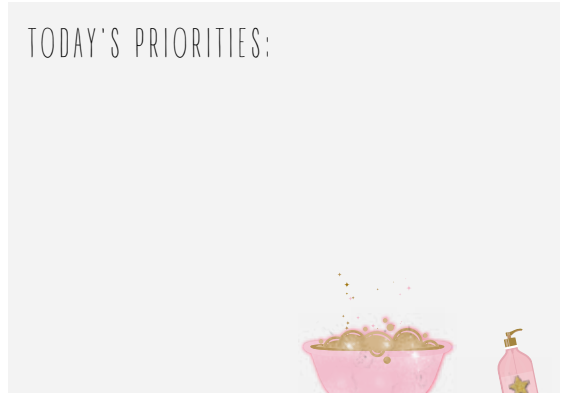
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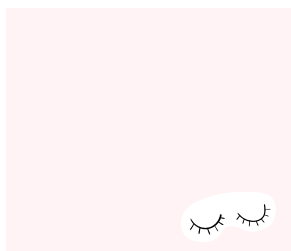


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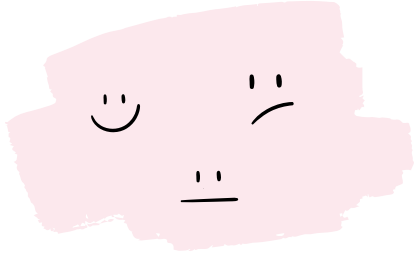
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# taking care of ME

Today I am Feeling:



## Self Love:

What is Beautiful about Me:

---

---

I am Proud of Myself for:

---

---

What I Love about Me:

---

---

How I was Mindful and Present today:

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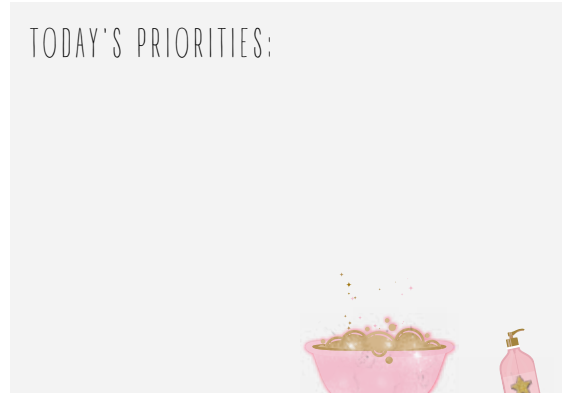
I am Excited for:

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DATE: \_\_\_\_\_

TODAY'S PRIORITIES:



Checklist:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

I'm feeling Stressed about:



Don't Forget!

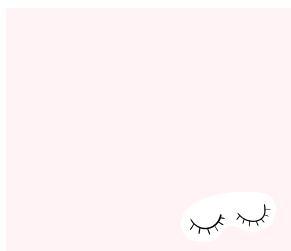


# Today's Wellness

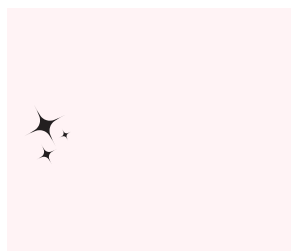


Positive Thought:


How I was Kind to Myself:



How I was Kind to Others:



MY BIG PLANS:



What gave me Joy today:

What I need to Let Go of:


So Grateful for:

JOURNAL:

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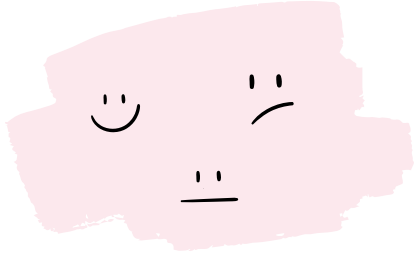
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# taking care of ME

Today I am Feeling:



## Self Love:

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How I was Mindful and Present today:

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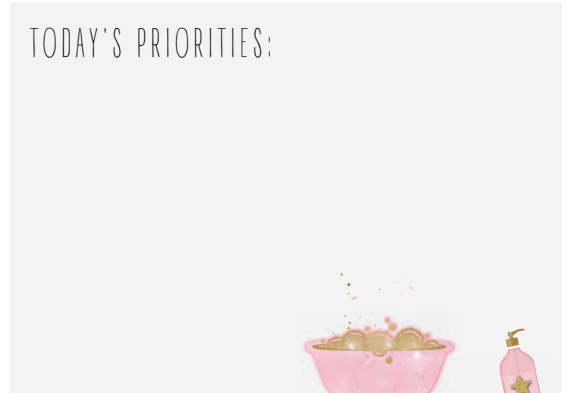
I am Excited for:

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DATE: \_\_\_\_\_

TODAY'S PRIORITIES:



Checklist:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



I'm feeling Stressed about:



Don't Forget!





# Today's Wellness



Positive Thought:

I will CARE for my Body and Mind

## SELF CARE CHECKLIST:

Meditate



Breathe

Go Outside

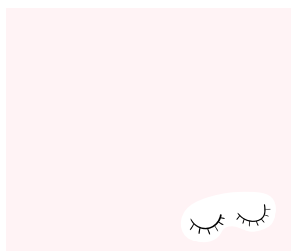
Spend time with Loved Ones

Eat Well

Sleep Well

Be Kind To Myself

How I was Kind to Myself:



How I was Kind to Others:



MY BIG PLANS:



What gave me Joy today:

What I need to Let Go of:



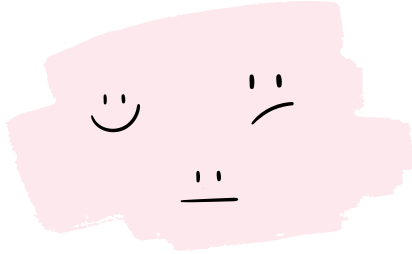
So Grateful for:



JOURNAL:

# taking care of ME

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What is Beautiful about Me:

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How I was Mindful and Present today:

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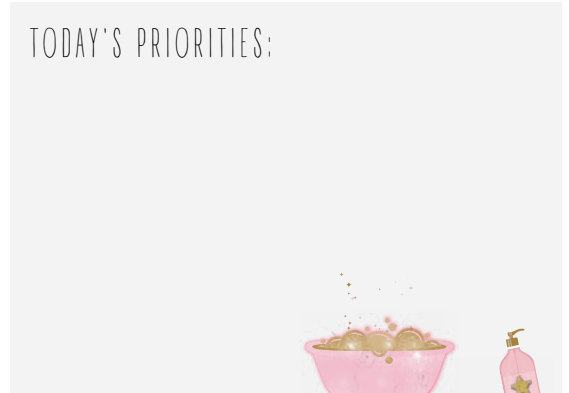
I am Excited for:

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DATE: \_\_\_\_\_

TODAY'S PRIORITIES:



Checklist:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

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Don't Forget!



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Be Kind To Myself



How I was Kind to Myself:

How I was Kind to Others:



MY BIG PLANS:



What gave me Joy today:

What I need to Let Go of:

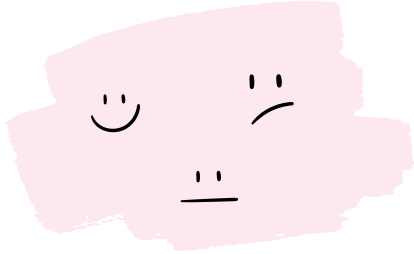


So Grateful for:

JOURNAL:

# taking care of ME

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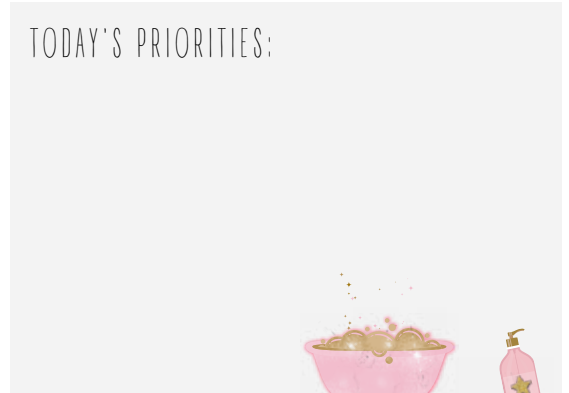
I am Excited for:

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DATE: \_\_\_\_\_

TODAY'S PRIORITIES:



Checklist:

- ☐
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- ☐
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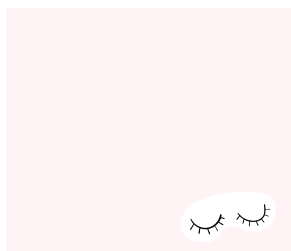


# Today's Wellness



Positive Thought:


How I was Kind to Myself:



How I was Kind to Others:



MY BIG PLANS:



What gave me Joy today:

What I need to Let Go of:

JOURNAL:

I will CARE for my Body and Mind

## SELF CARE CHECKLIST:

Meditate



Breathe

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Spend time with Loved Ones

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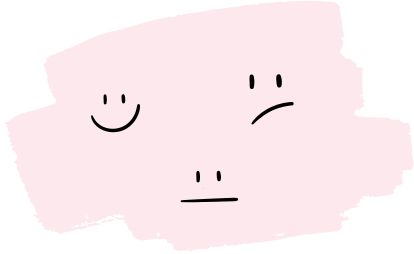
Be Kind To Myself



So Grateful for:

# taking care of ME

Today I am Feeling:



## Self Love:

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How I was Mindful and Present today:

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---

I am Excited for:

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DATE: \_\_\_\_\_

TODAY'S PRIORITIES:



Checklist:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



I'm feeling Stressed  
about:



Don't Forget!

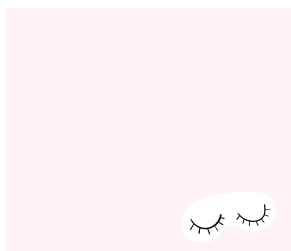


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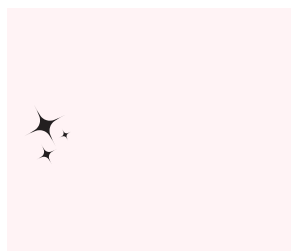


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Sleep Well

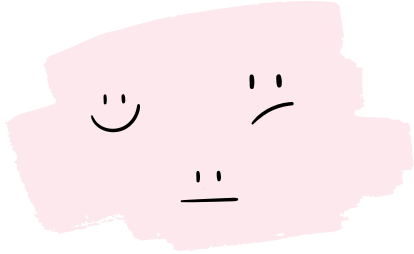
Be Kind To Myself



So Grateful for:

# taking care of ME

Today I am Feeling:



## Self Love:

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How I was Mindful and Present today:

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I am Excited for:

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DATE: \_\_\_\_\_

TODAY'S PRIORITIES:



Checklist:

- ☐
- ☐
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- ☐
- ☐

I'm feeling Stressed  
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Don't Forget!





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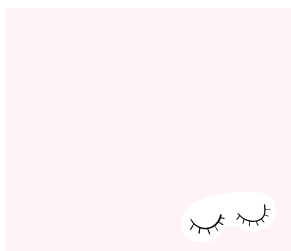
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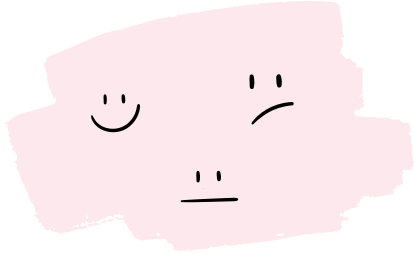


So Grateful for:

JOURNAL:

# taking care of ME

Today I am Feeling:



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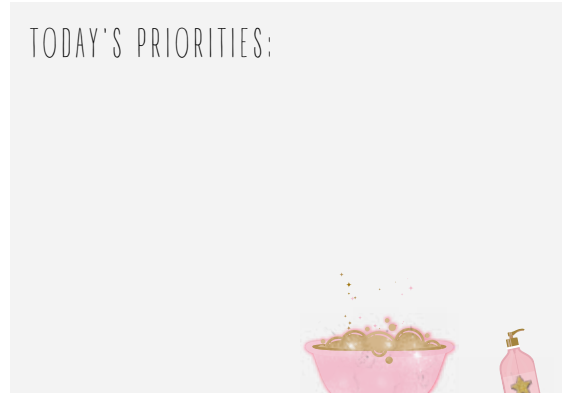
I am Excited for:

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DATE: \_\_\_\_\_

TODAY'S PRIORITIES:



Checklist:

- ☐
- ☐
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- ☐
- ☐

I'm feeling Stressed about:



Don't Forget!

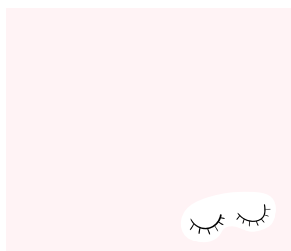


# Today's Wellness



Positive Thought:


How I was Kind to Myself:



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MY BIG PLANS:



What gave me Joy today:

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What I need to Let Go of:

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So Grateful for:



JOURNAL:

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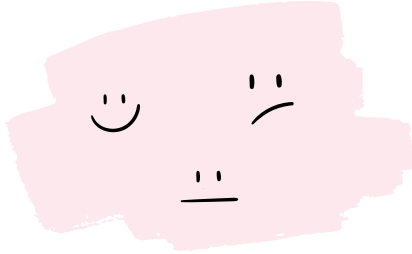
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# taking care of ME

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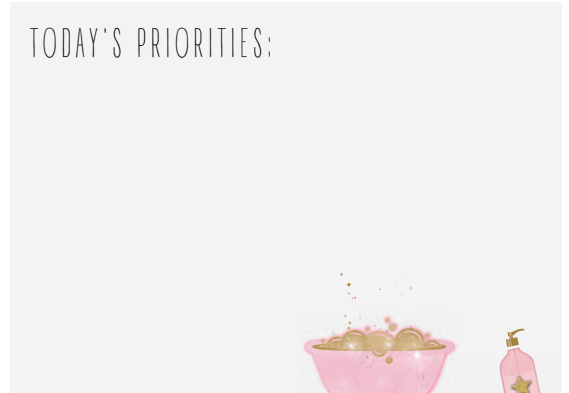
I am Excited for:

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DATE: \_\_\_\_\_

TODAY'S PRIORITIES:



Checklist:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



I'm feeling Stressed  
about:



Don't Forget!



# Today's Wellness



Positive Thought:

I will CARE for my Body and Mind

## SELF CARE CHECKLIST:

Meditate



Breathe

Go Outside

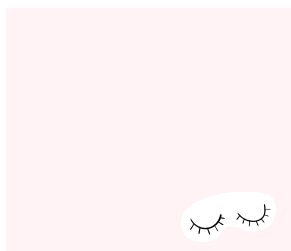
Spend time with Loved Ones

Eat Well

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Be Kind To Myself

How I was Kind to Myself:



How I was Kind to Others:



MY BIG PLANS:



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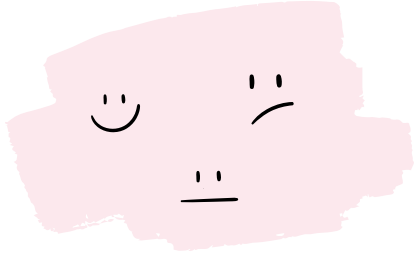
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JOURNAL:

# taking care of ME

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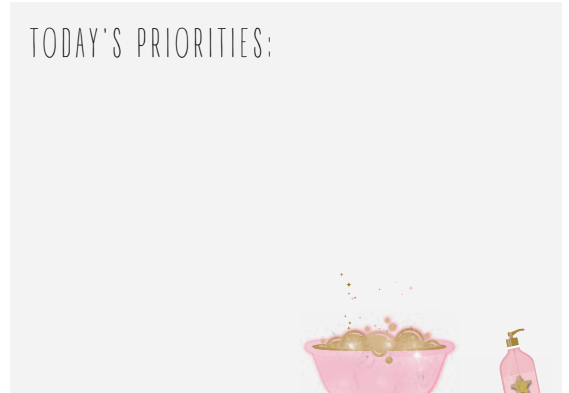
I am Excited for:

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DATE: \_\_\_\_\_

TODAY'S PRIORITIES:



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- ☐
- ☐
- ☐
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- ☐

I'm feeling Stressed about:



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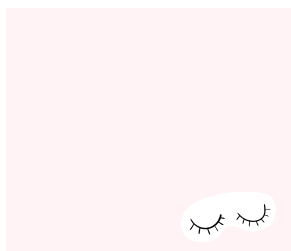


# Today's Wellness



Positive Thought:


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MY BIG PLANS:



What gave me Joy today:

What I need to Let Go of:

JOURNAL:

I will CARE for my Body and Mind

## SELF CARE CHECKLIST:

Meditate



Breathe

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Spend time with Loved Ones

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Sleep Well

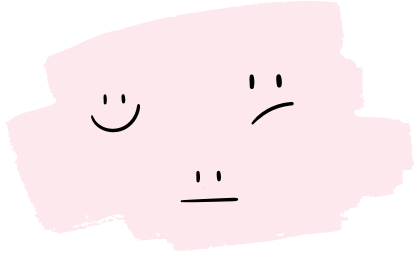
Be Kind To Myself



So Grateful for:

# taking care of ME

Today I am Feeling:



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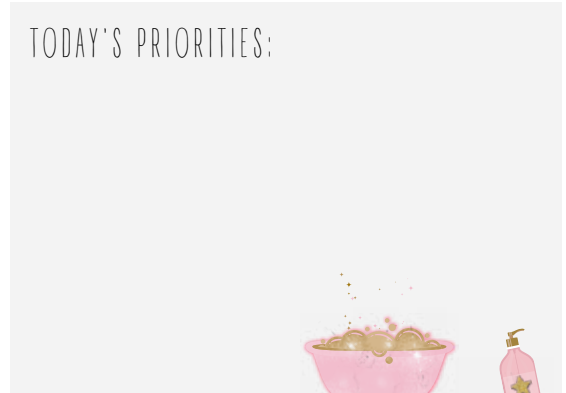
I am Excited for:

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DATE: \_\_\_\_\_

TODAY'S PRIORITIES:



Checklist:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

I'm feeling Stressed  
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Don't Forget!





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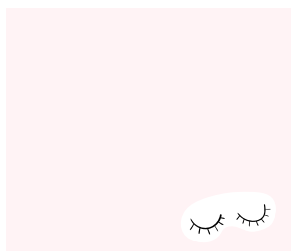
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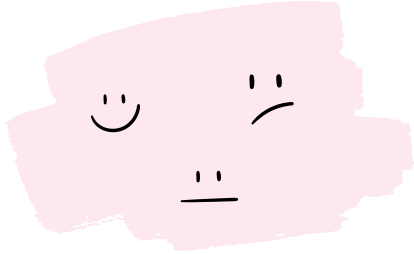
So Grateful for:



JOURNAL:

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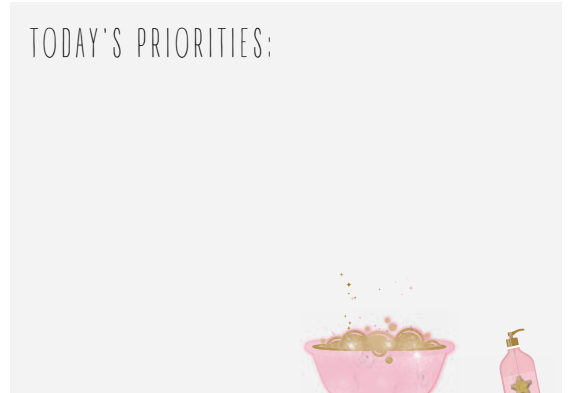
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Checklist:

- ☐
- ☐
- ☐
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- ☐
- ☐

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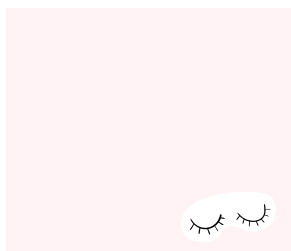


# Today's Wellness



Positive Thought:


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How I was Kind to Others:



MY BIG PLANS:



What gave me Joy today:

What I need to Let Go of:

JOURNAL:

I will CARE for my Body and Mind

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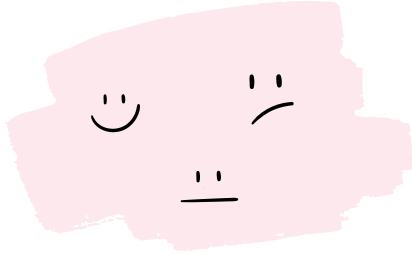
Be Kind To Myself



So Grateful for:

# taking care of ME

Today I am Feeling:



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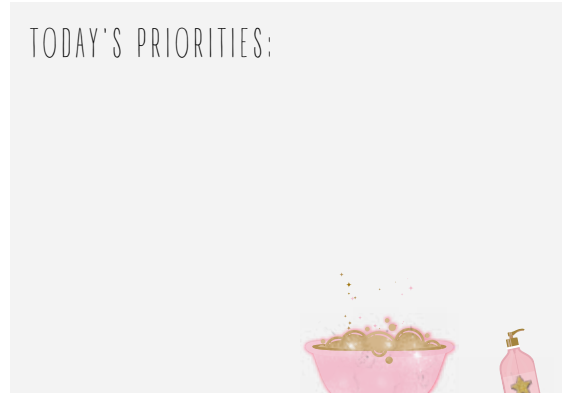
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DATE: \_\_\_\_\_

TODAY'S PRIORITIES:



Checklist:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



I'm feeling Stressed  
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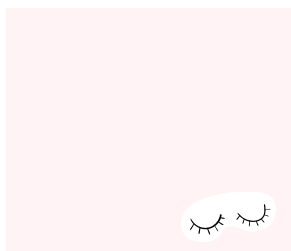


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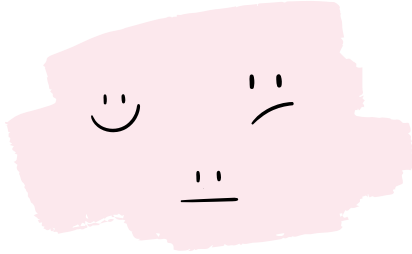
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# taking care of ME

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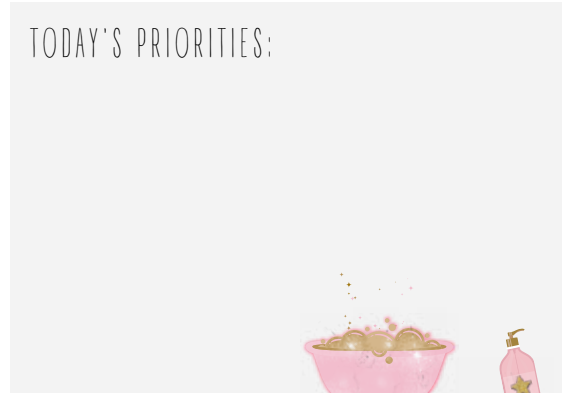
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- ☐

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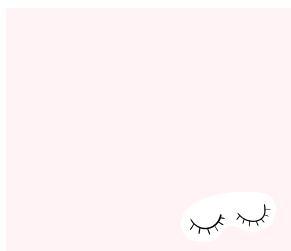


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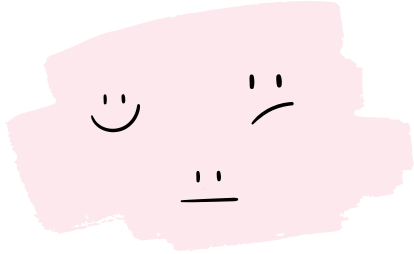
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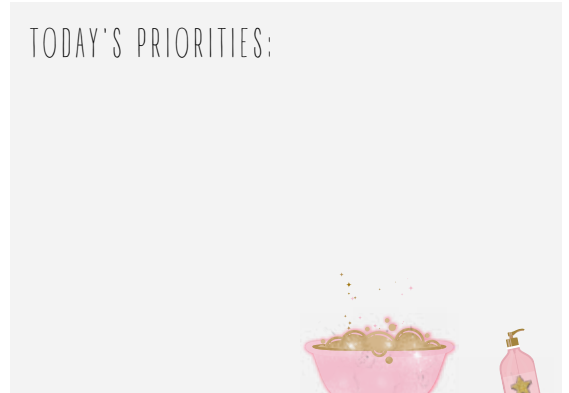
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TODAY'S PRIORITIES:



Checklist:

- ☐
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- ☐
- ☐
- ☐



I'm feeling Stressed  
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Don't Forget!





# Today's Wellness



Positive Thought:

I will CARE for my Body and Mind

## SELF CARE CHECKLIST:

Meditate



Breathe

Go Outside

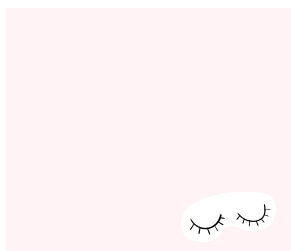
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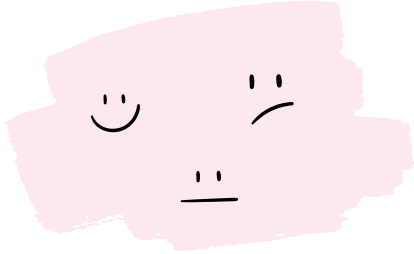
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# taking care of ME

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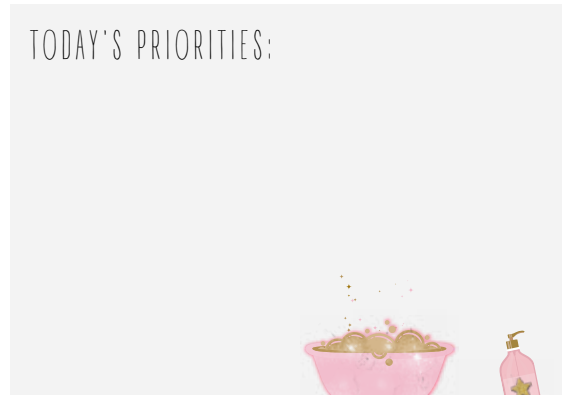
I am Excited for:

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DATE: \_\_\_\_\_

TODAY'S PRIORITIES:



Checklist:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



I'm feeling Stressed  
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Don't Forget!

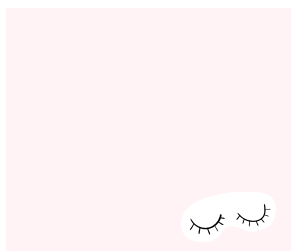


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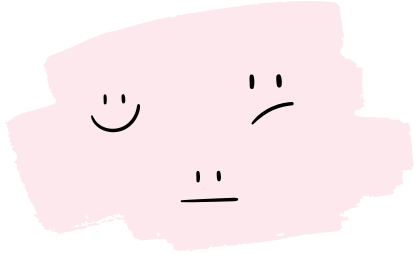
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# taking care of ME

Today I am Feeling:



## Self Love:

What is Beautiful about Me:

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I am Proud of Myself for:

---

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What I Love about Me:

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How I was Mindful and Present today:

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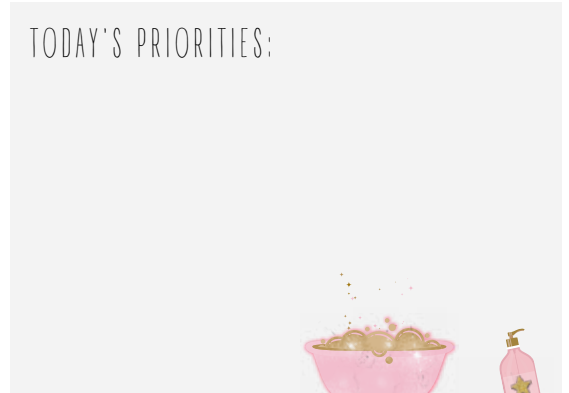
I am Excited for:

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DATE: \_\_\_\_\_

TODAY'S PRIORITIES:



Checklist:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

I'm feeling Stressed  
about:



Don't Forget!



# Today's Wellness



Positive Thought:

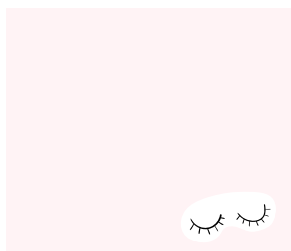
I will CARE for my Body and Mind

## SELF CARE CHECKLIST:

- Meditate
- Breathe
- Go Outside
- Spend time with Loved Ones
- Eat Well
- Sleep Well
- Be Kind To Myself



How I was Kind to Myself:



How I was Kind to Others:



MY BIG PLANS:



What gave me Joy today:

What I need to Let Go of:

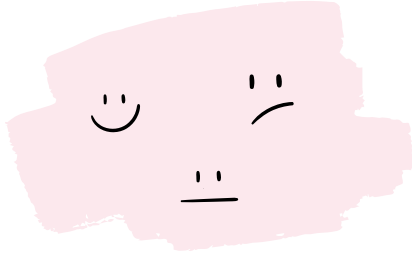


So Grateful for:

JOURNAL:

# taking care of ME

Today I am Feeling:



## Self Love:

What is Beautiful about Me:

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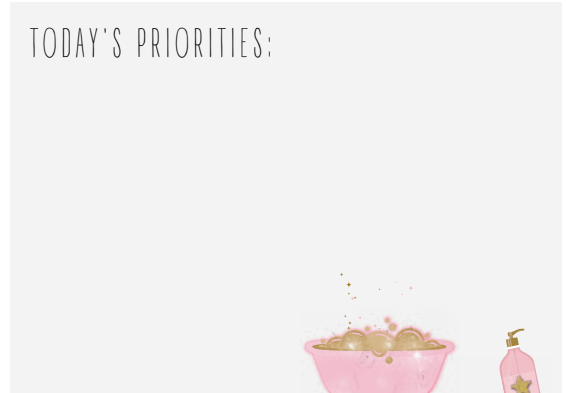
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Checklist:

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Don't Forget!



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Positive Thought:

I will CARE for my Body and Mind

## SELF CARE CHECKLIST:

Meditate



Breathe

Go Outside

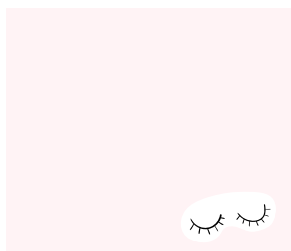
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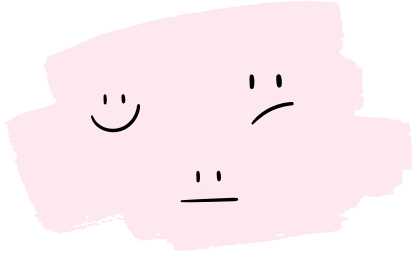
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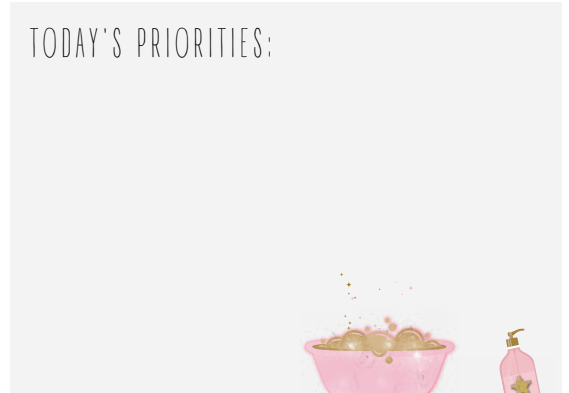
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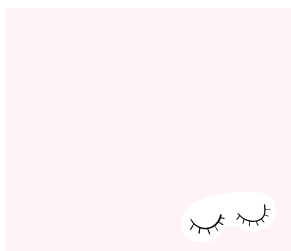
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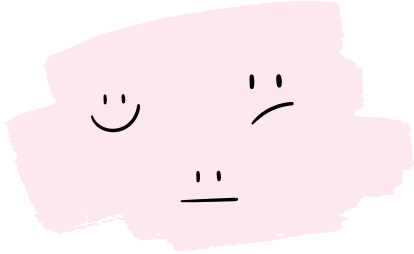
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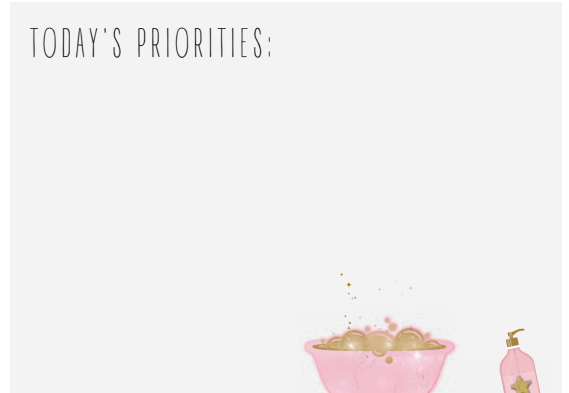
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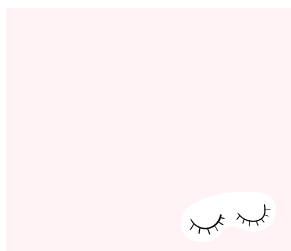
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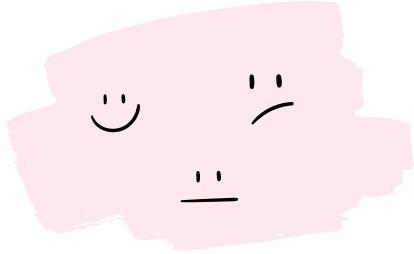
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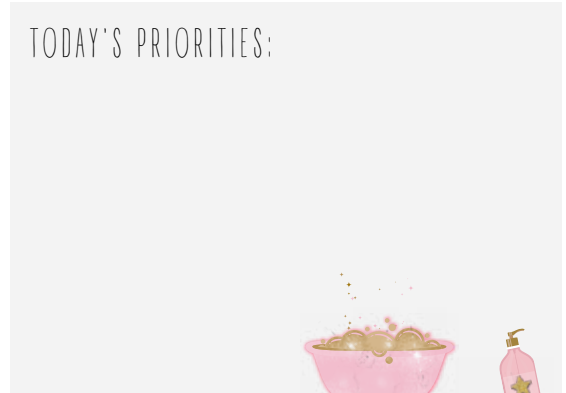
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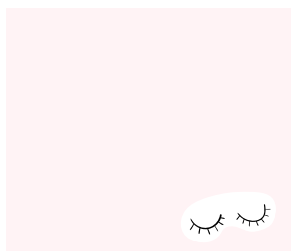
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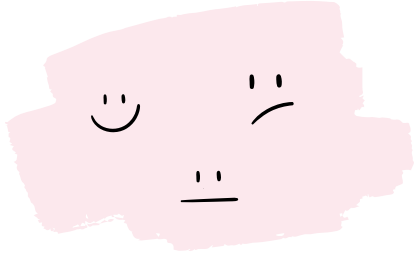


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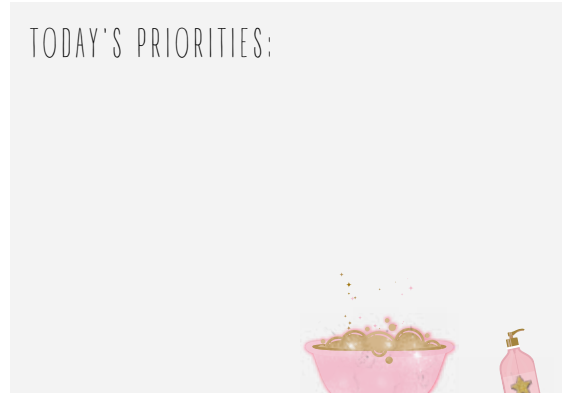
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Don't Forget!

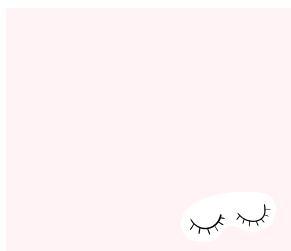


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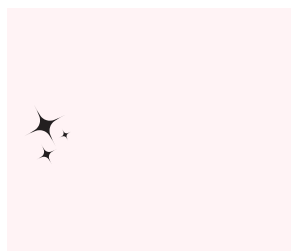


Positive Thought:


How I was Kind to Myself:



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So Grateful for:

JOURNAL:

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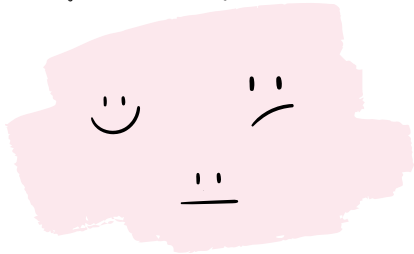
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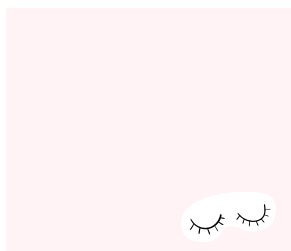


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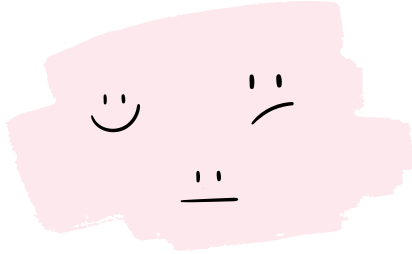
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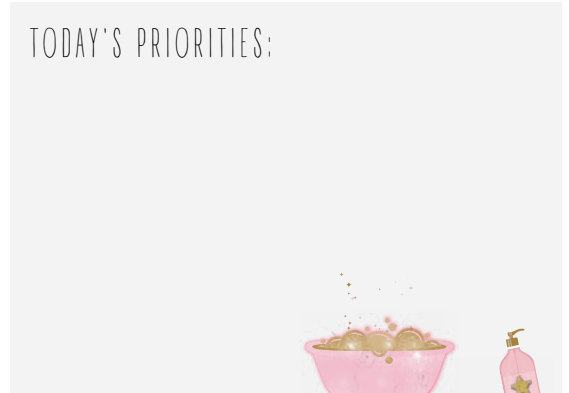
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# Today's Wellness



Positive Thought:

I will CARE for my Body and Mind

## SELF CARE CHECKLIST:

Meditate



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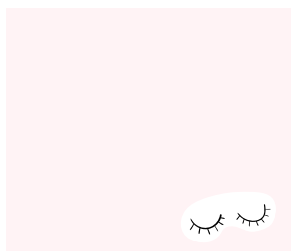
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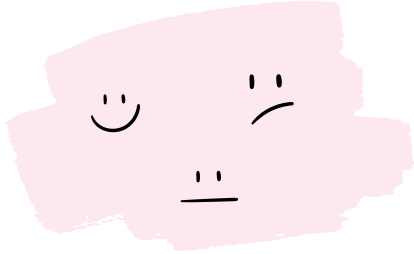
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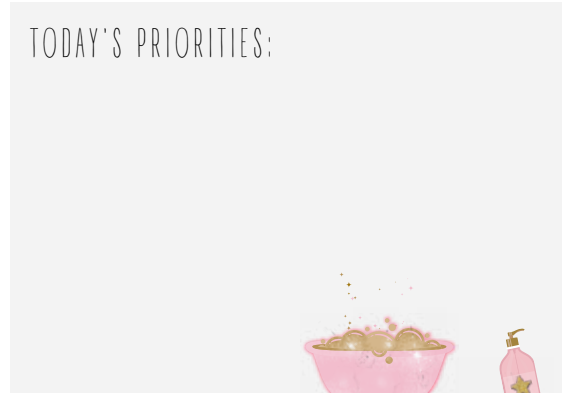
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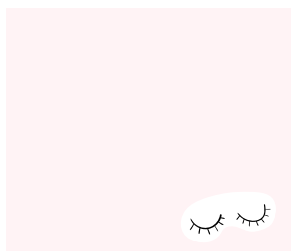
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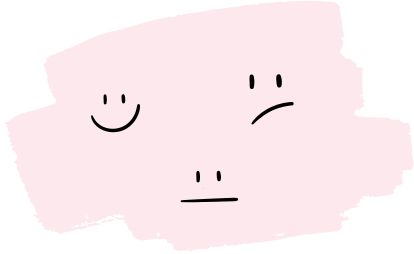
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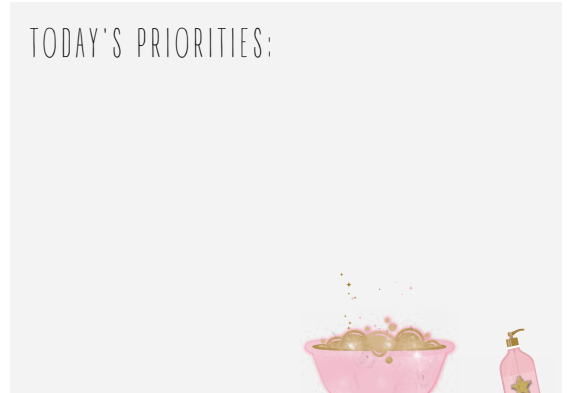
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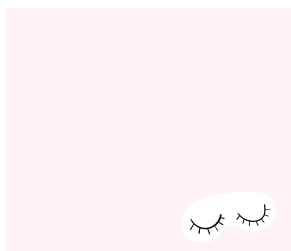


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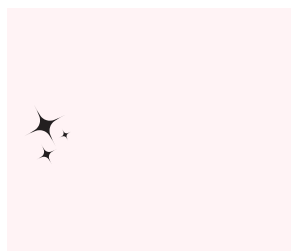


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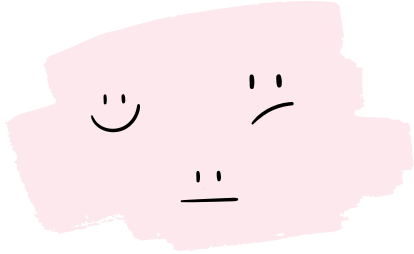
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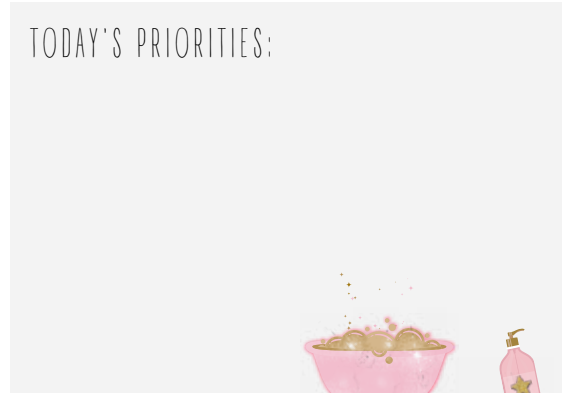
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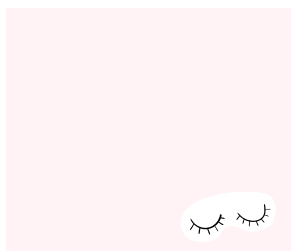


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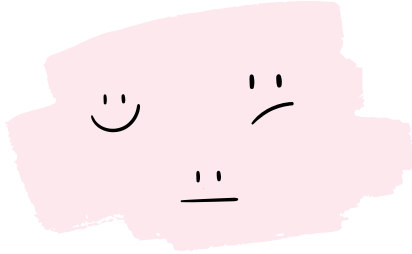
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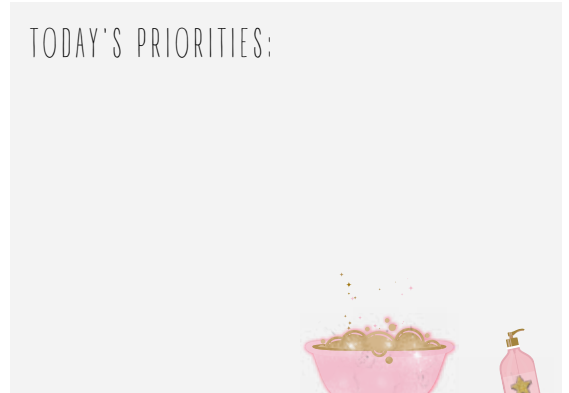
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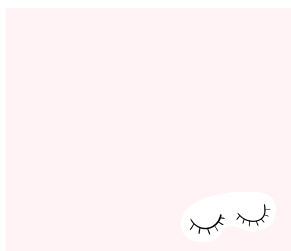
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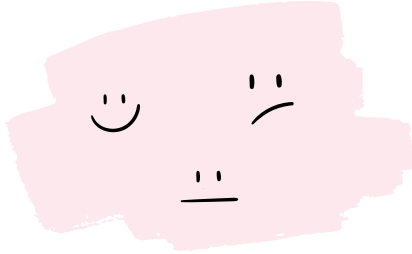
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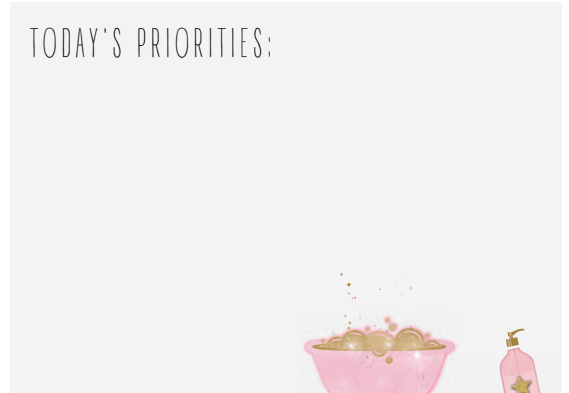
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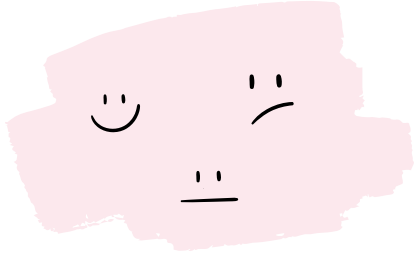


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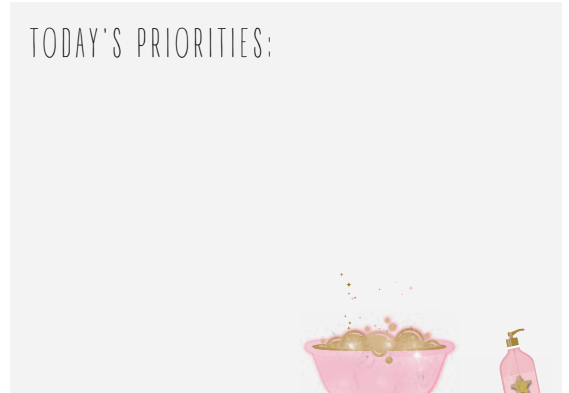
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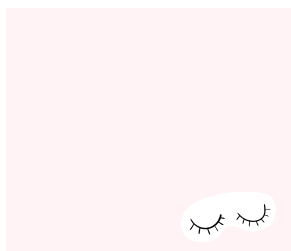


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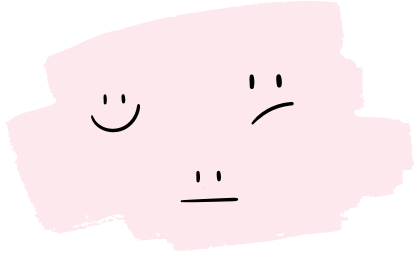
  


So Grateful for:



# taking care of ME

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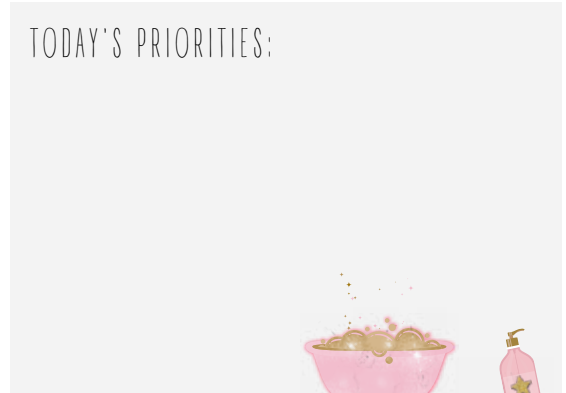
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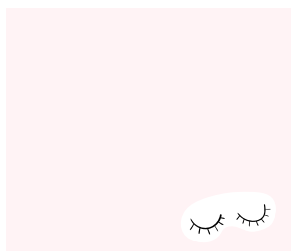
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So Grateful for:



JOURNAL:

# Journal



DATE: \_\_\_\_\_



Journal page with horizontal lines for writing.

# Journal



DATE: \_\_\_\_\_



Journal page with horizontal lines for writing.

# Journal



DATE: \_\_\_\_\_



Journal page with horizontal lines for writing.

# Journal



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