



YOUR SELF CARE MATTERS

TAKE SOME TIME OUT TO WRITE HOW YOU MANAGE SELF CARE IN RELATION TO YOUR MIND, BODY AND EMOTIONS.. AS WELL AS THE AREAS THAT ARE STRONG AND OR NEED IMPROVING.

AREAS TO IMPROVE

Blank space for writing about areas to improve.

MIND

Blank space for writing about self-care in relation to the mind.

STRONG AREAS

Blank space for writing about strong areas.

EMOTIONS

Blank space for writing about self-care in relation to emotions.

BODY

Blank space for writing about self-care in relation to the body.