SELF-CARE LIST

WHEN I'M AT MY HIGHEST



WHEN I'M SOMEWHERE IN BETWEEN

WHEN I'M AT MY LOWEST

DAILY SELF-CARE CHOICES

Ιc	ommit myself to these daily self-care practices:
	1.
	2.
	3.
	4.
	5.
	6.
	7.
	8.
	9.
	10.