

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Self Care

1. DIETATEM meditate
2. OELV UEFRYLSO love yourself
3. OUNJLAR journal
4. SFLE PEETCCACAN self acceptance
5. YERPAR prayer
6. SYA ON say no
7. ACIANTVO vacation
8. ADRE read
9. WOKR OUT work out
10. NKIRD EWRAT drink water
11. DERA RUOY EBLBI read your bible
12. CLAOIS MAIDE KAERB social media break