

SELF-CARE PLANNER

MORNING - HOW DO I FEEL?

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DAILY INTENTION

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HOW WILL I MOVE MY BODY TODAY?

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WHAT AM I GRATEFUL FOR TODAY?

1.
2.
3.

HOW WILL I PRACTICE MINDFULNESS TODAY?

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WHAT LESSONS DID I LEARN TODAY?

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EVENING ~ HOW DO I FEEL?

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REMINDER ~ I AM ENOUGH!

