

SELF-CARE

Journal

DATE: / /



TODAY I'M GRATEFUL FOR:

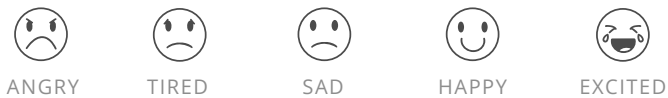
1. _____
2. _____
3. _____

WATER INTAKE



TODAY'S AFFIRMATION

MOOD



NOTES/REMINDER:

FOR TOMORROW
