

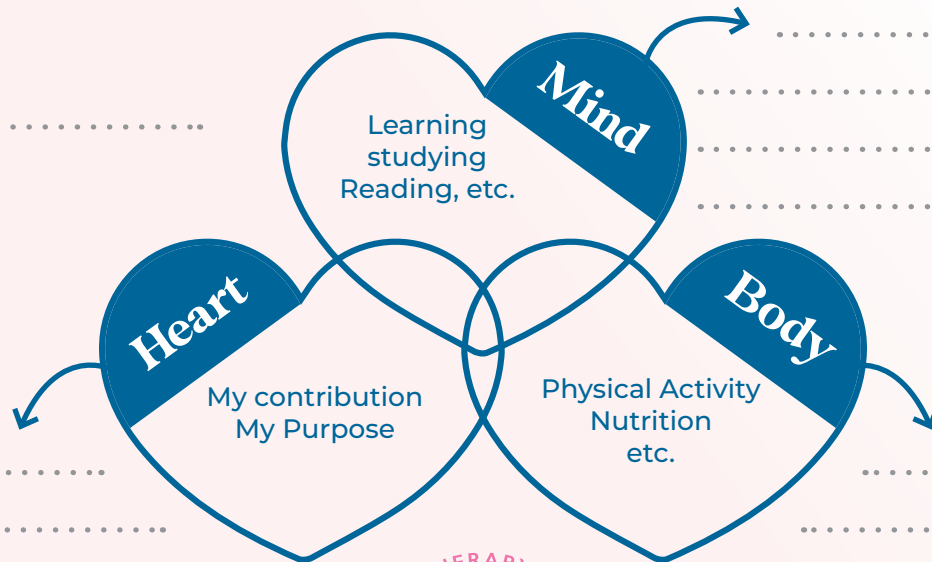
WEEKLY SELF CARE PLAN

"Self-care is how we take our power back" -LALAH DELIA



DATE:

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PEOPLE WHO SUPPORT ME

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EMOTIONAL TO-DO LIST

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GET 'ER DONE!

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SELF CARE PLAYLIST

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