

Jar of {SELF CARE} hearts



Exercise
30min



Journal



Get Outdoors
20min



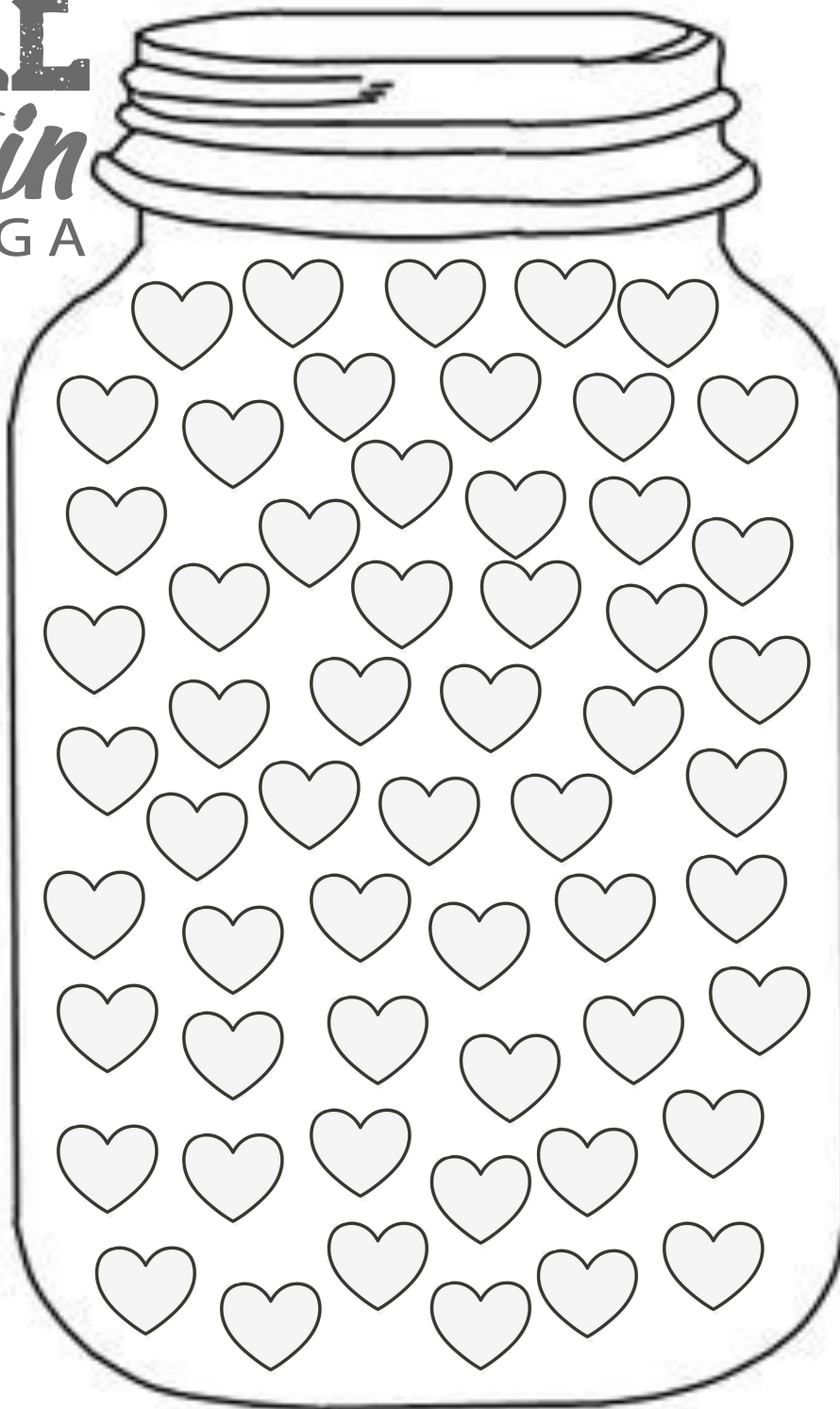
Eat Greens



Connect:
Call, Write, or Meet
a friend



Mindful Choice
(non-food
rewards: craft,
read, mani/pedi,
massage, nap,
shopping, etc)



I MADE A PROMISE TO MYSELF
TO HOLD MY OWN WELL-BEING SACRED.