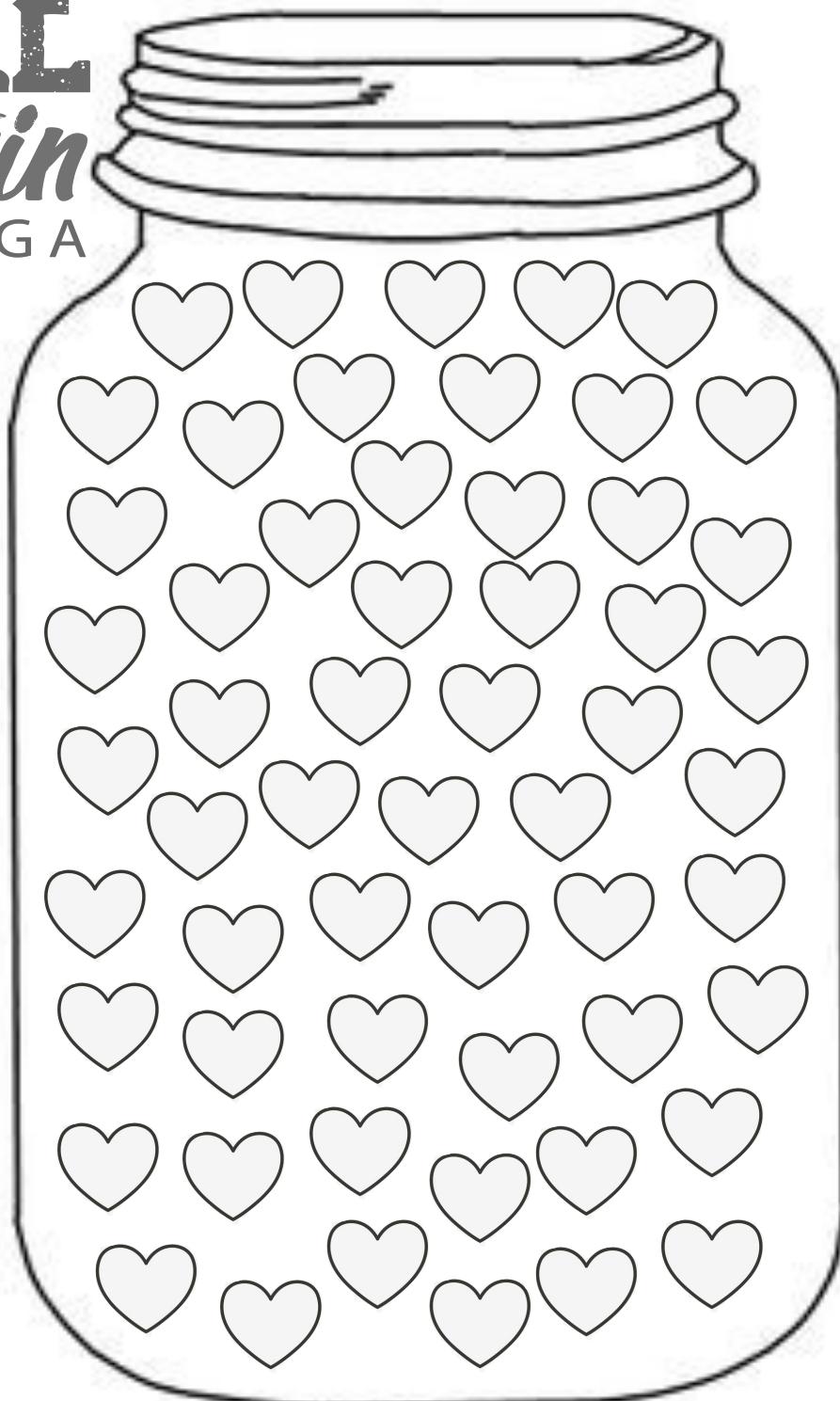




Jar of {SELF CARE} hearts



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.