



7 Day Self-Care

*Journal*

5 Minute Affirmations and Reminders



# SELF-CARE

*Journal*

DATE:     /     /

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## TODAY I'M GRATEFUL FOR:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## WATER INTAKE



## TODAY'S AFFIRMATION

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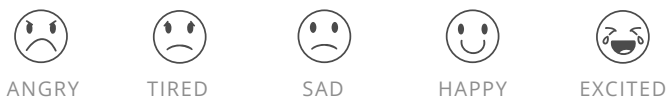
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## MOOD



## NOTES/REMINDER:

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## FOR TOMORROW

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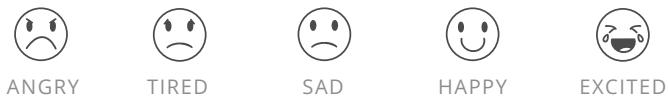
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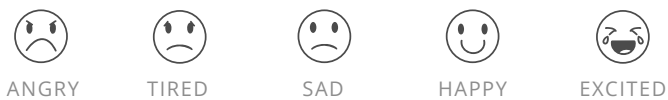
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