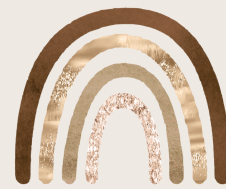


Self-Care Journal



Date:

S M T W T F S

Plans For The Day

My Top Priorities

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What I'm Grateful For

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Quote of the Day

Tea of the Day: