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SELF-CARE PLANNER

PRIORITISING SELF-CARE IS A VERY IMPORTANT STEP IN LIVING A BALANCED AND LESS STRESSED LIFE. FILL OUT THE BOXES BELOW DURING THE WEEK TO GIVE YOURSELF TIME TO REFLECT.

I'M GRATEFUL FOR	EXERCISE AND NUTRITION
MY BIGGEST SELF-CARE GOAL	THIS WEEK
HABITS	S M T W T F S
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