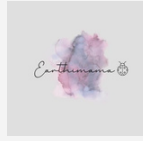


Self Care Organiser



3 things which make me
feel organised

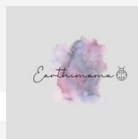
3 things which make me
feel relaxed

3 things which make me feel
motivated

3 things which make me feel
fulfilled

..because time spent on self care is the best kind of investment

Self Care Worksheet



3 key values

3 current favourite affirmations

Three horizontal, rounded rectangular boxes stacked vertically, intended for writing three key values.

A large, vertical, rounded rectangular box intended for writing three current favourite affirmations.

3 things I love about myself

3 things I want to learn to love about myself

A large, vertical, rounded rectangular box intended for writing three things I love about myself.

A large, vertical, rounded rectangular box intended for writing three things I want to learn to love about myself.

Self care activity that I want to try this week

A large, horizontal, rounded rectangular box intended for writing a self care activity to try this week.

..because time spent on self care is the best kind of investment