

SELF-CARE

WHAT DOES YOUR SELF-CARE LOOK LIKE?



PHYSICAL

1. _____
2. _____
3. _____
4. _____

EMOTIONAL

1. _____
2. _____
3. _____
4. _____

MENTAL

1. _____
2. _____
3. _____
4. _____



Self-care is self-love and in order to love others, you must be in love with self first!