We Rise EXPERIENCE

Self Care Check In

....

Did I practice some self-care today?

yes / no

describe your favourite self-care activity in a gif:

how many cups of water did you drink today?

....

CHECK LIST:
(tik the ones you've done today)

- ate three main meals
- took a social media break
- burnt your fav candle
- done a gratitude list
- listened to your fav music

- exercised
- texted a family member
- spent some time outside
- self-care session
- cuddled your pet

Tomorrow my self-care activity will be:

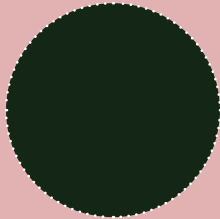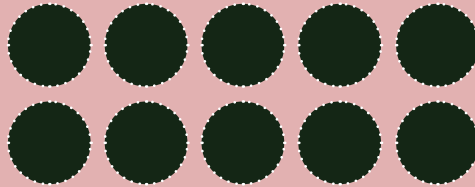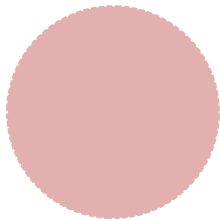..
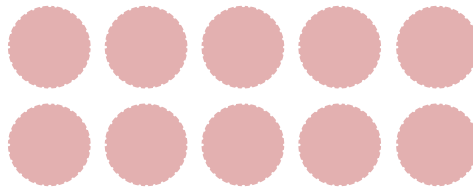
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