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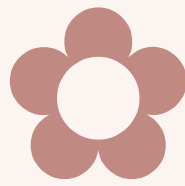
YOUR FREE PRINTABLE

Personal self-care menu card



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M Y S E L F - C A R E M E N U

self-care menu

When I have 5 minutes · _____

When I have 30 minutes · _____

When I have 2 hours · _____

The thing that always helps my mood ·

The thing I always forget to do · _____

The thing I reach for that doesn't actually help ·
_____ → replace with: _____

My non-negotiable weekly self-care ·

S E L F - C A R E I S N O T S E L F I S H · I T I S T H E
P R E C O N D I T I O N F O R E V E R Y T H I N G E L S E

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