



Petal & Paper

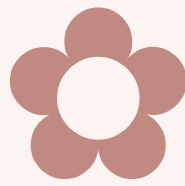
YOUR FREE PRINTABLE

Weekly self-care planning sheet



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S E L F - C A R E P L A N N E R 

weekly care

Week of · _____

Body (movement, rest, nourishment) ·

Mind (read, learn, create, switch off) ·

Soul (connection, nature, joy, faith) ·

One thing just for me this week · _____

A boundary I'll protect · _____

How I'll know I cared for myself ·



S E L F - C A R E I S N ' T S E L F I S H — Y O U
C A N ' T P O U R F R O M A N E M P T Y C U P

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