

Self-care List

♥ Name

♥ Self-Care Things

♥ This Makes Me Happy

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

♥ Affirmation

♥ Inspiration

Balance is not something you find, it's created