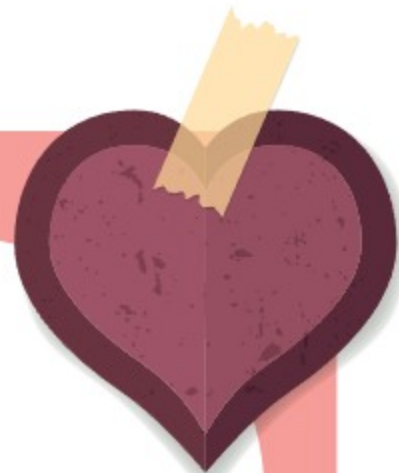


# Self Care Journal



3 Things I value about my personality

3 Things I love about my body

3 Things I love about my self

3 Things I am insecure about