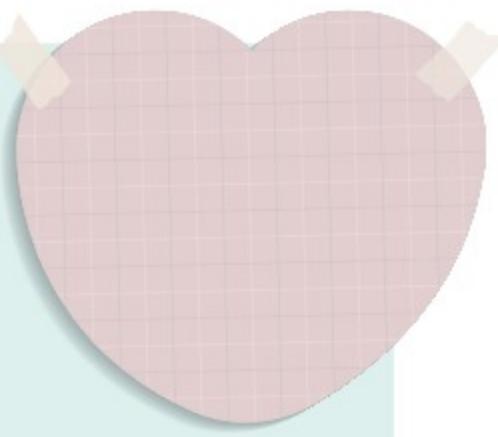


Self Care Journal



Today I'm grateful for

Hours of sleep

<4h 4-5h 6-7h 8h>

My morning routine

My evening routine

Notes

Positive affirmation

