

A woman with dark, curly hair is sitting on a light-colored sofa. She is wearing a white, off-the-shoulder, long-sleeved sweater with a leopard print pattern. She is holding a leopard-print mug with both hands and looking down at it. In the foreground, on a white tray, there is an open notebook with handwritten text, a lit candle in a glass holder, and a pen. The background is a cozy living room with a fireplace mantel, a lantern, and several lit candles. A leopard-print pillow is visible on the sofa to the left.

Self-Love

EMOTIONAL CARE PLANNER

Self Care JOURNEY

MONTH:

YEAR:

ACTS OF SELF-CARE

AFFIRMATION

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TODAY'S MOOD



I'M GRATEFUL FOR

INSPIRATION:

.....

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Thank You

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