

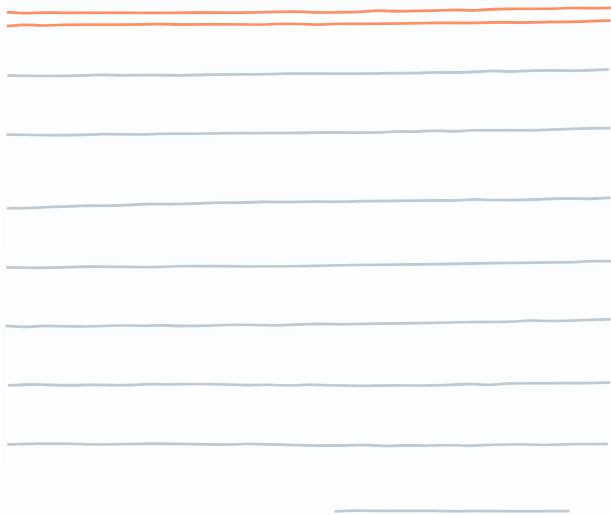


My self-care booklet



Self-care Planner

Activity



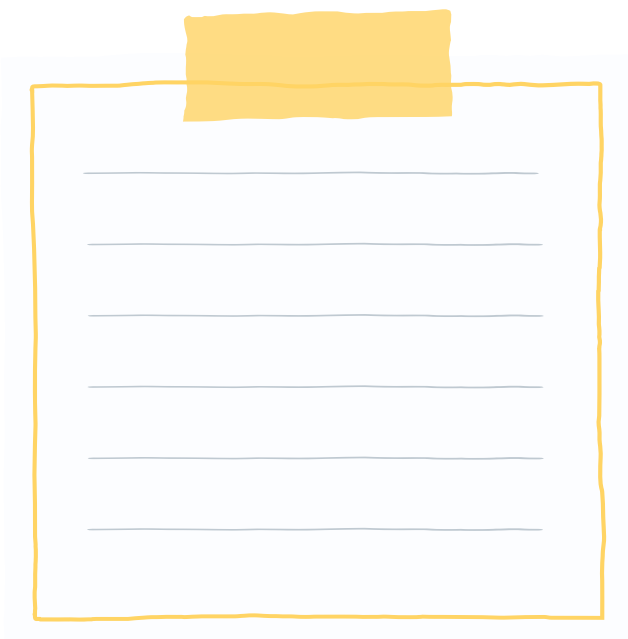
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Positive self-affirmation



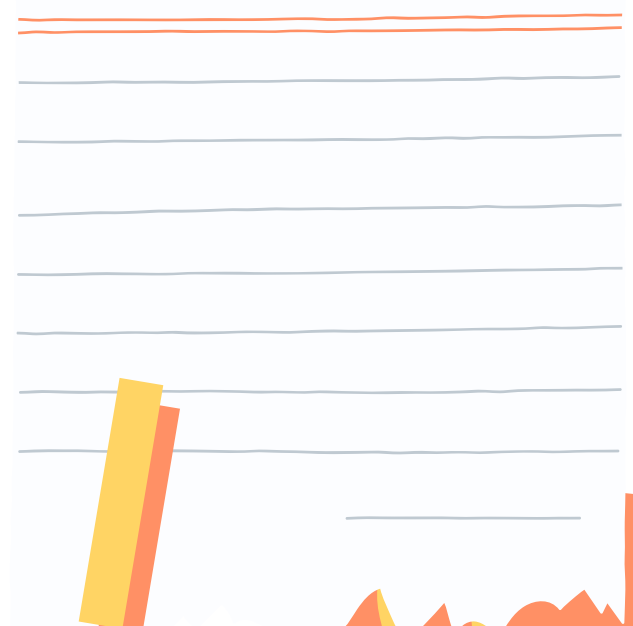
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Things to be grateful for



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Self reminder

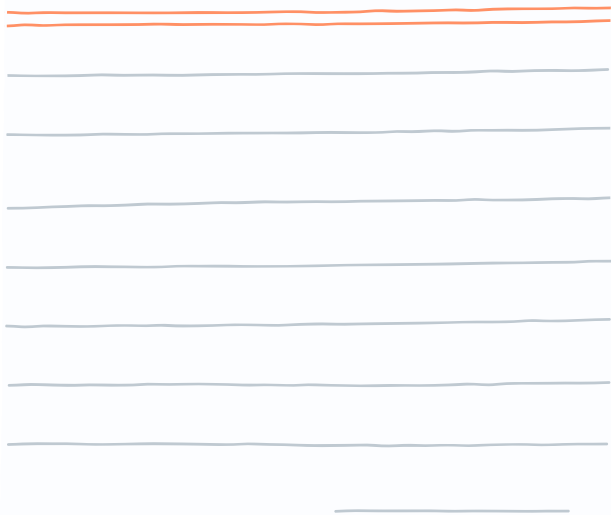


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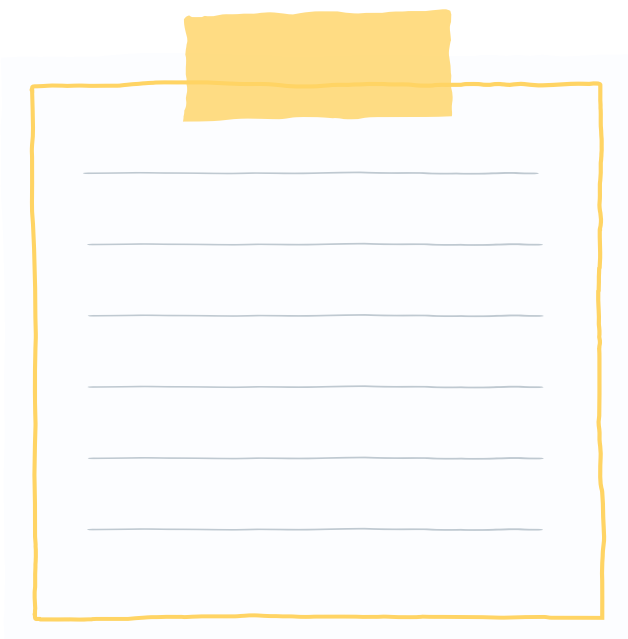
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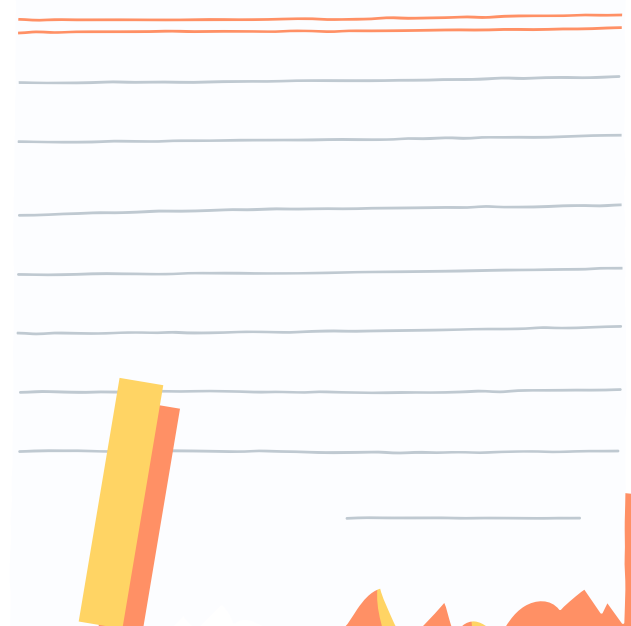
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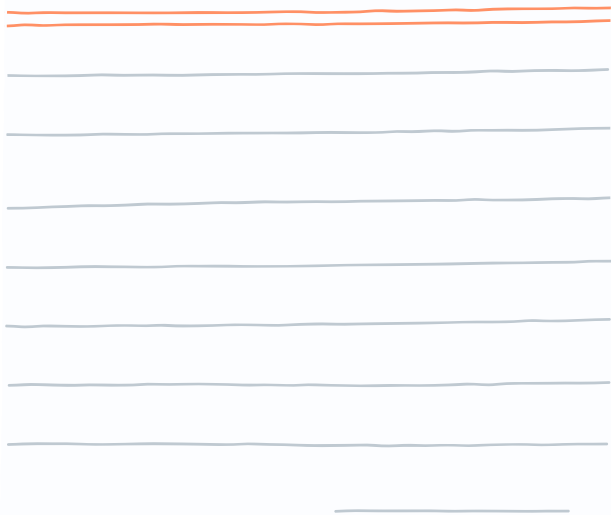
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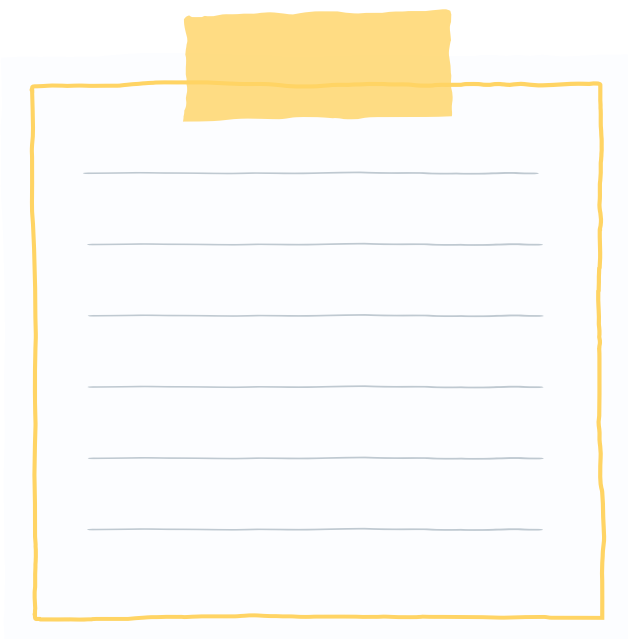
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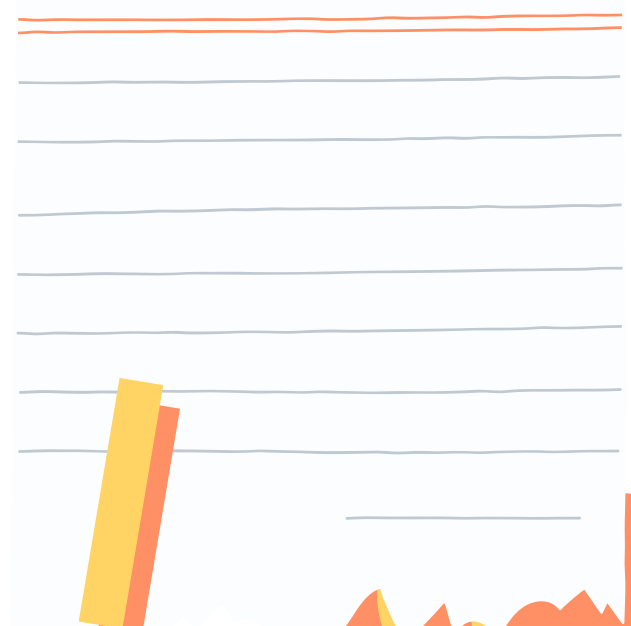
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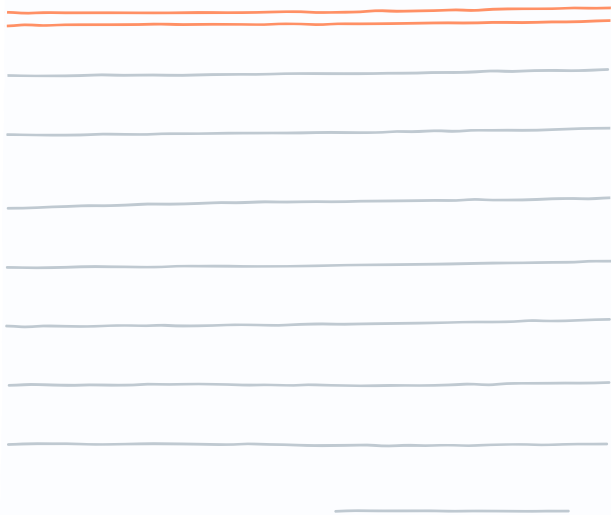
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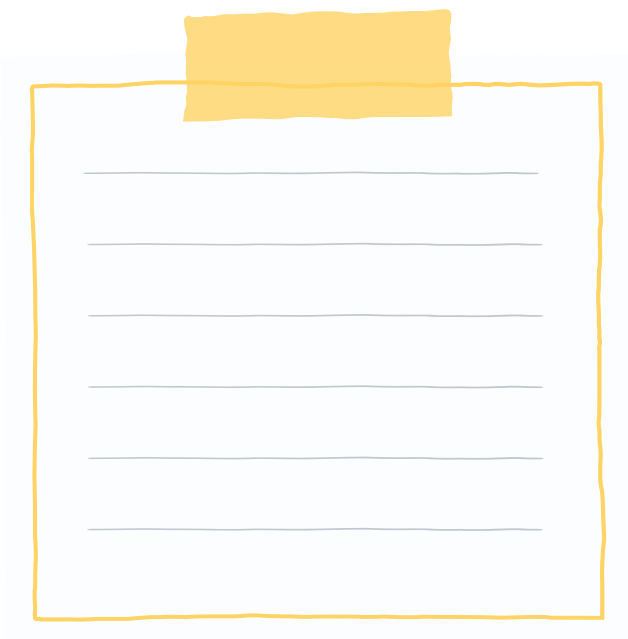
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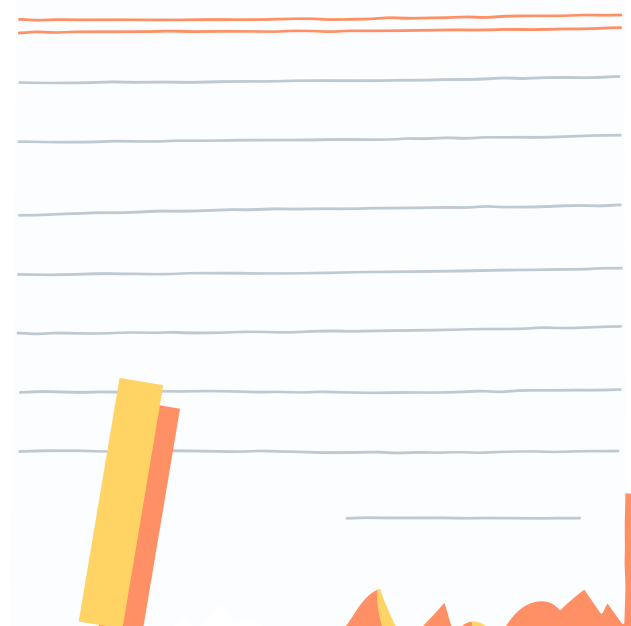
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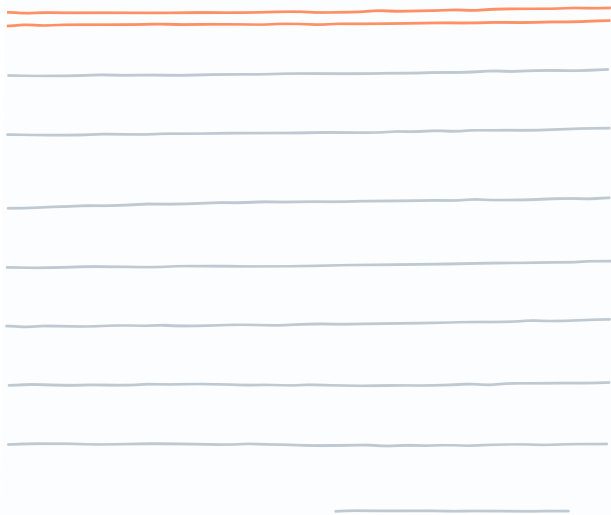
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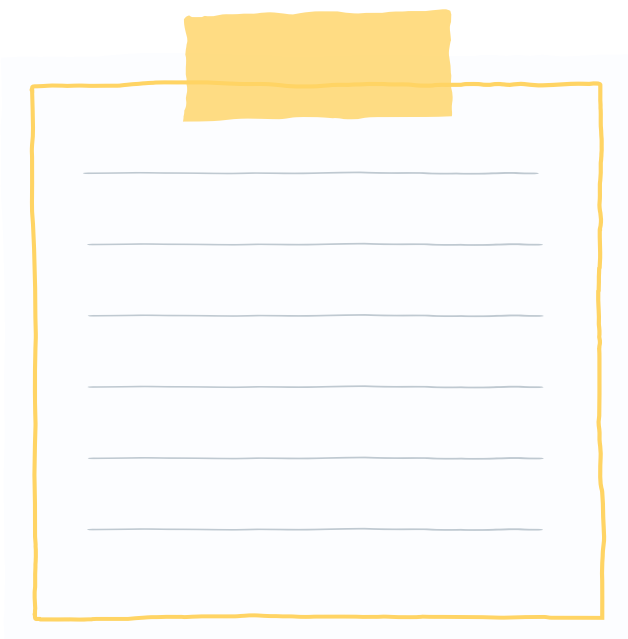
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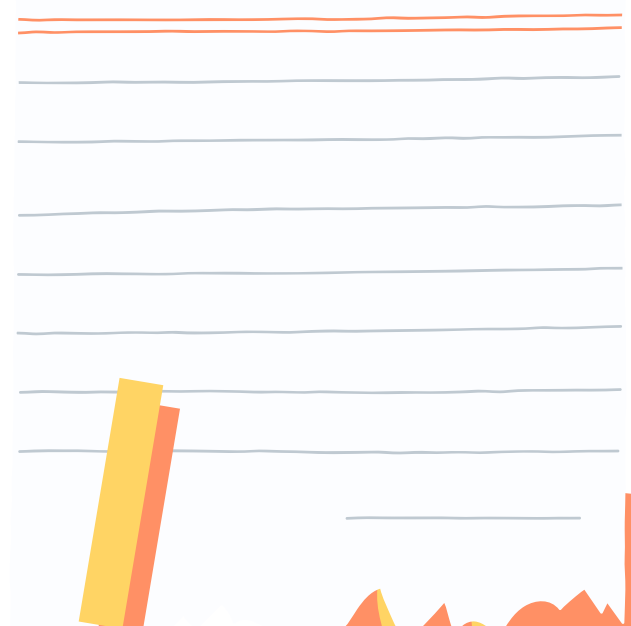
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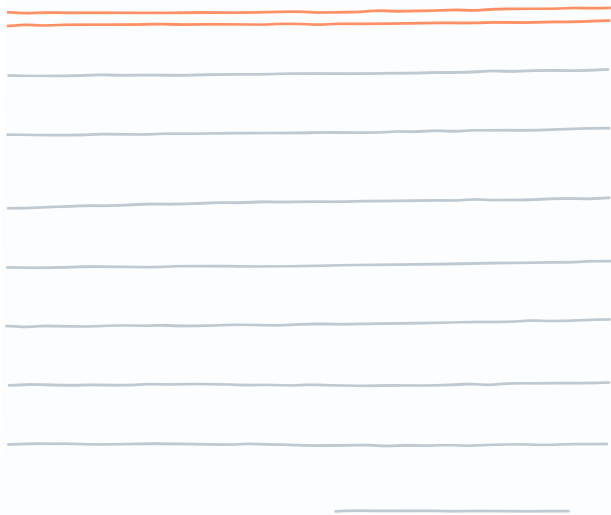
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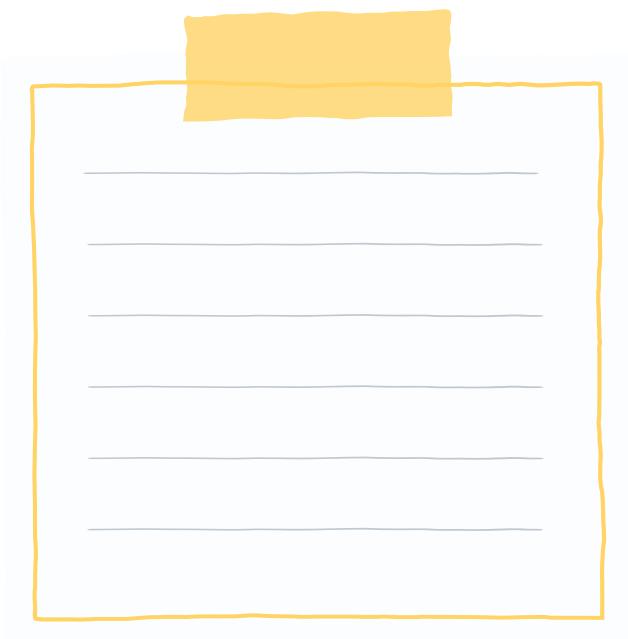
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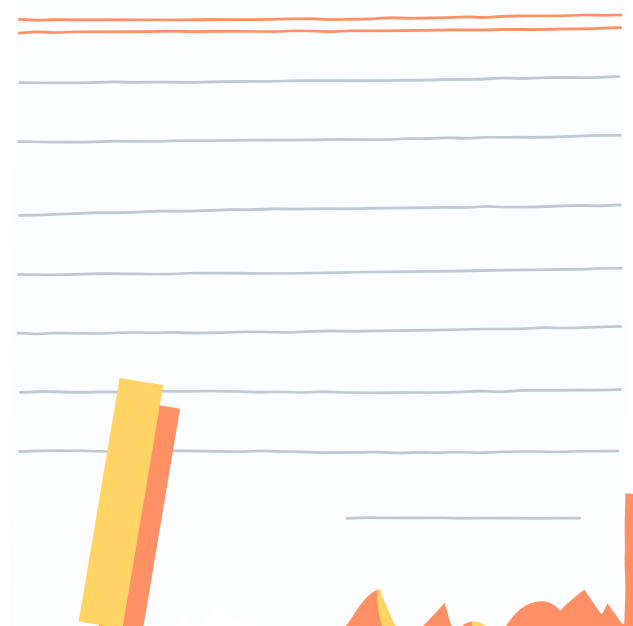
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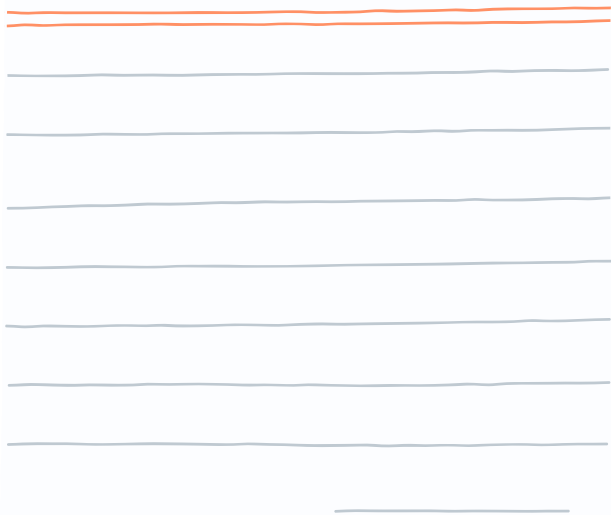


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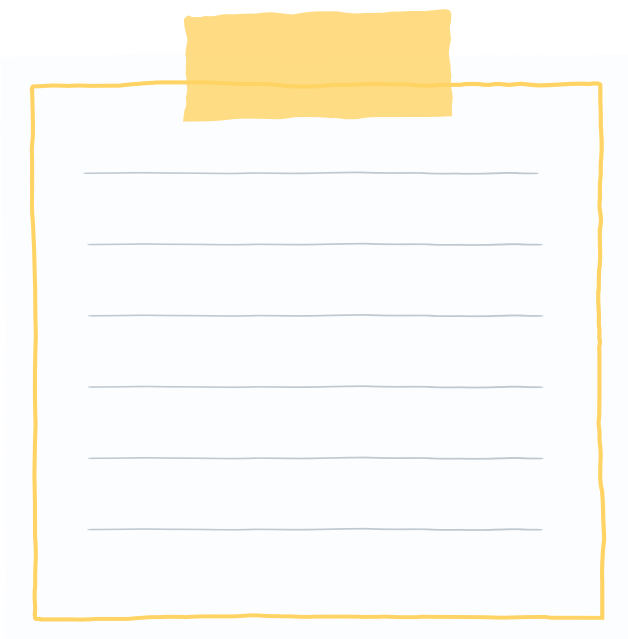
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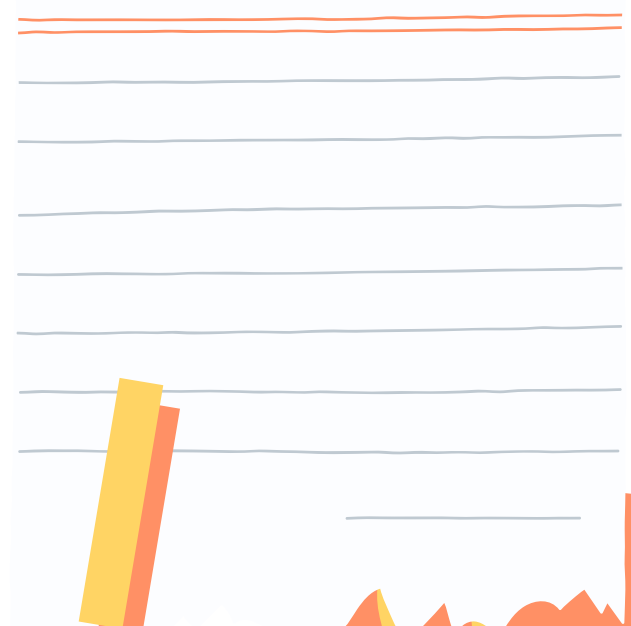
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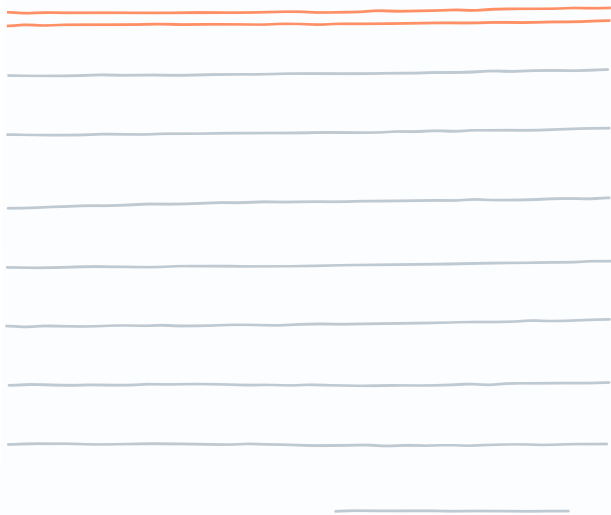


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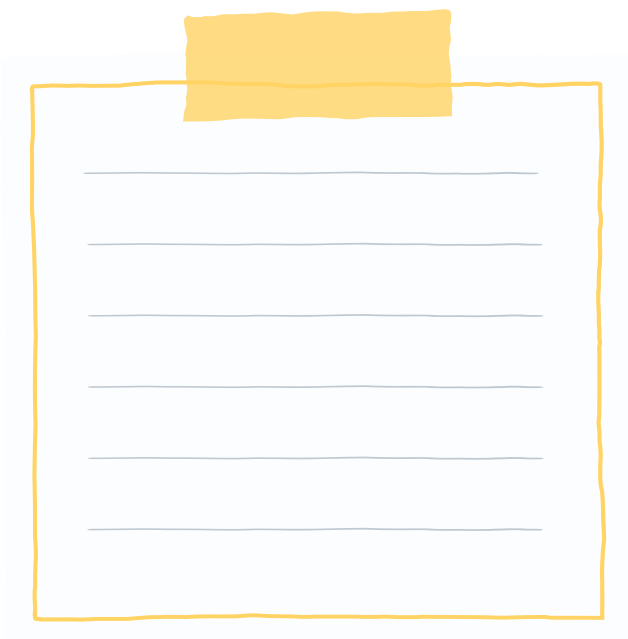
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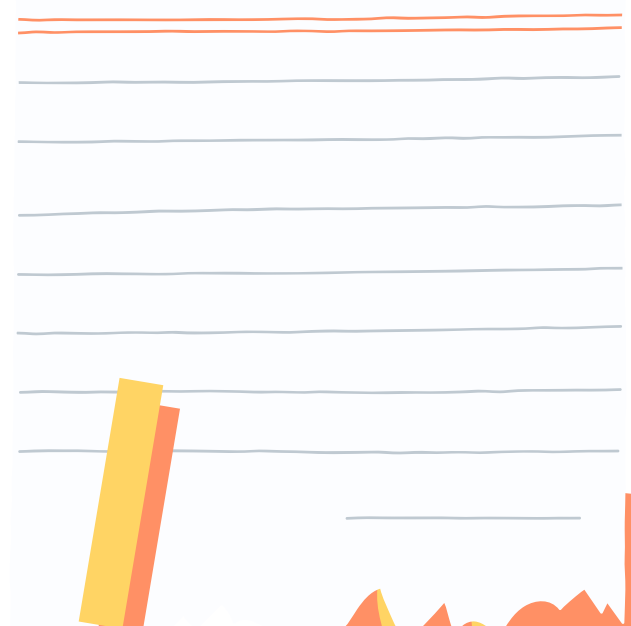
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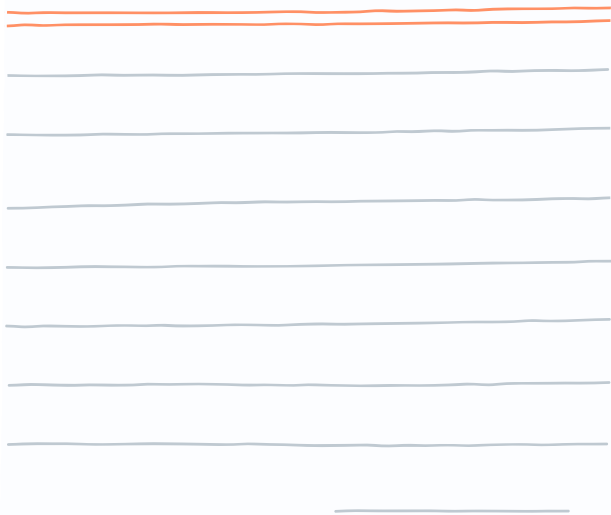


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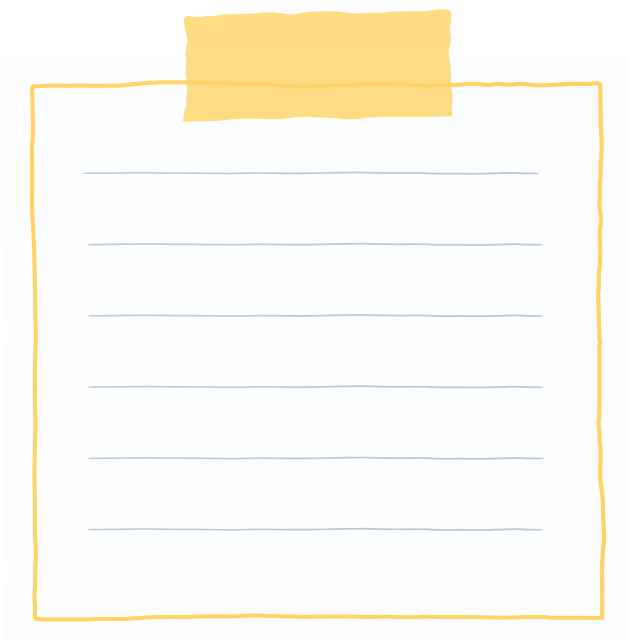
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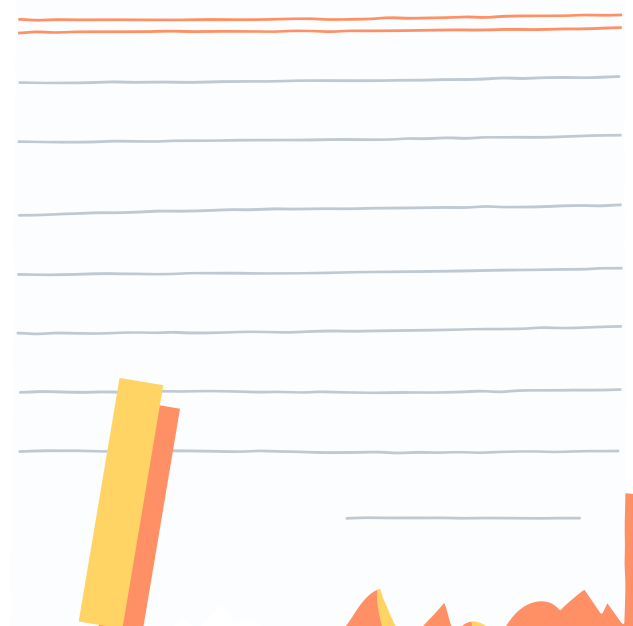
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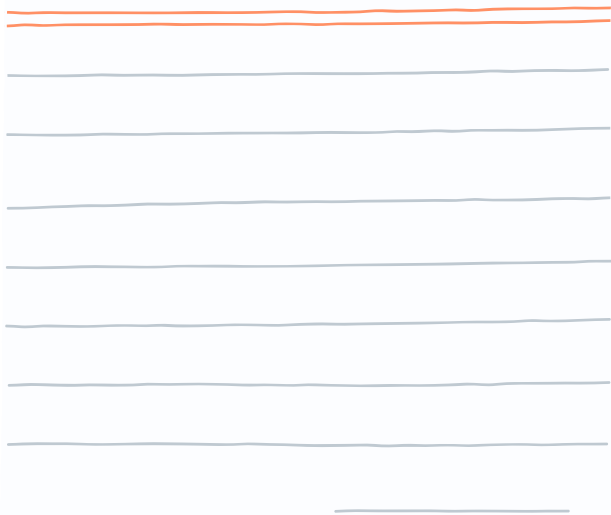


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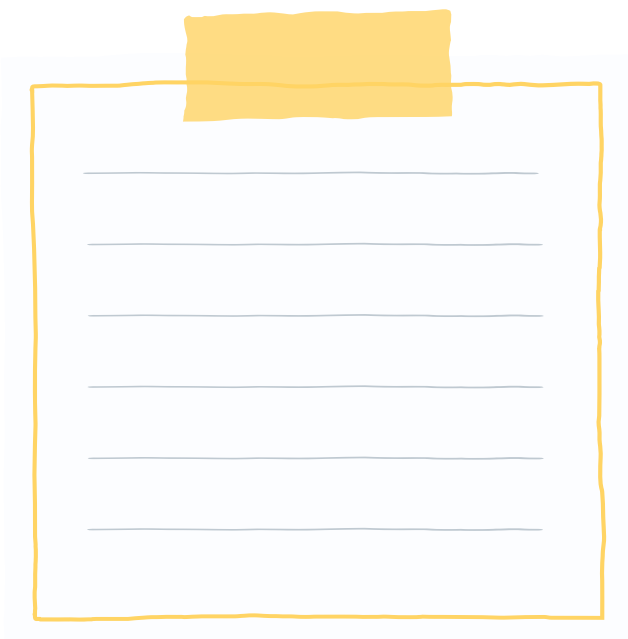
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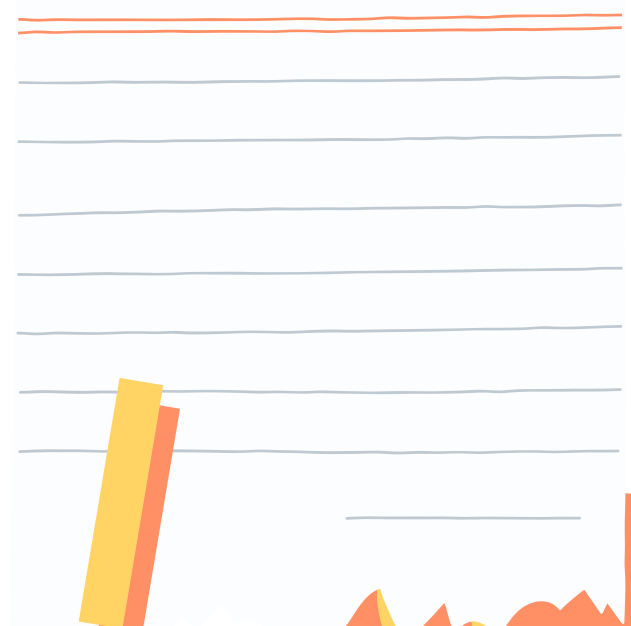
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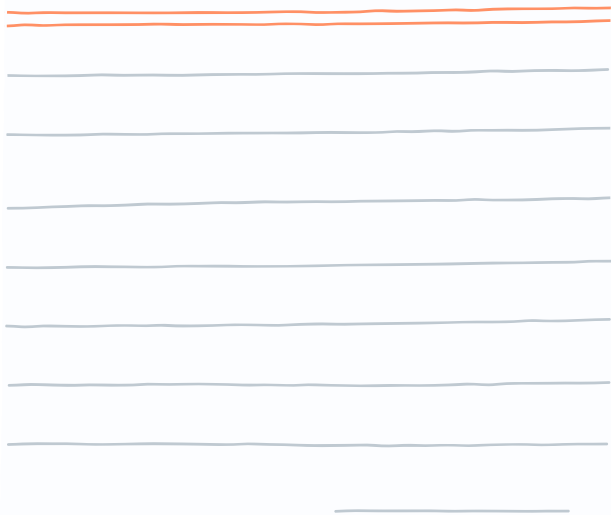


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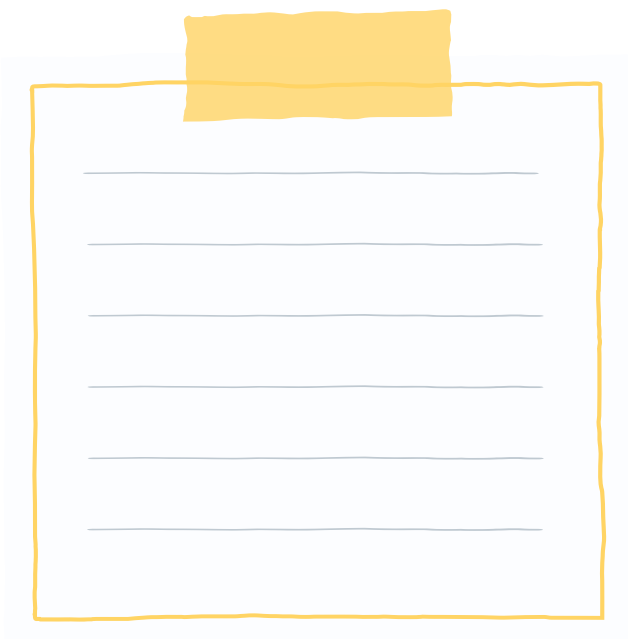
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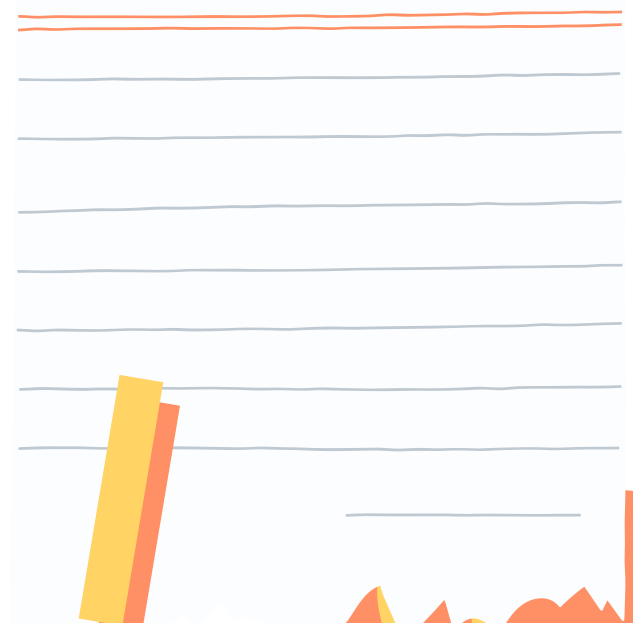
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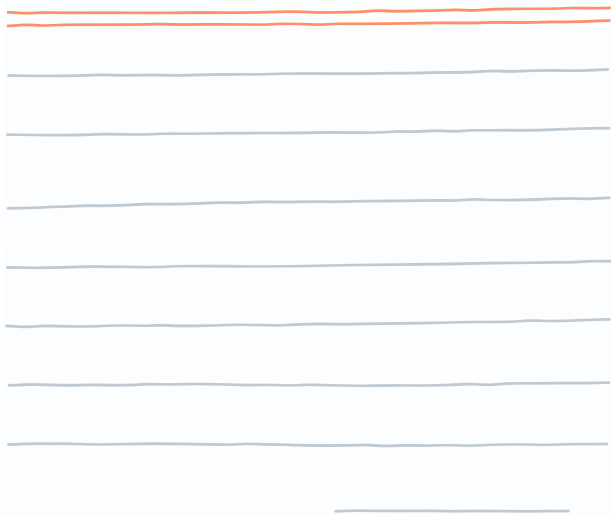


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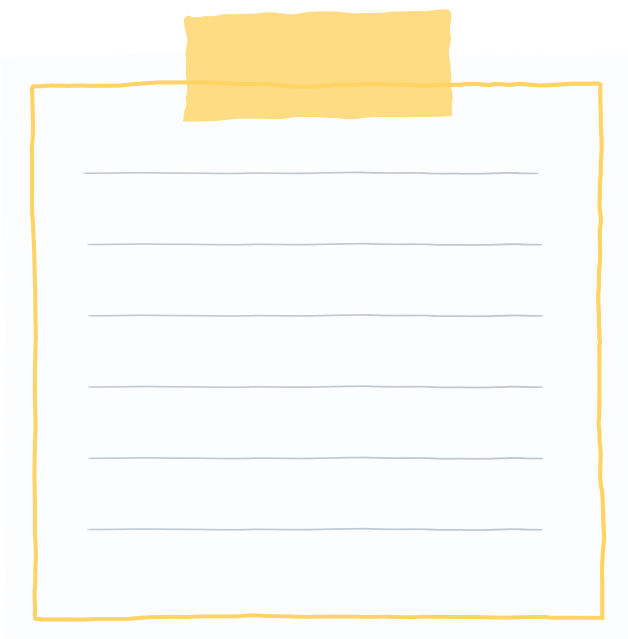
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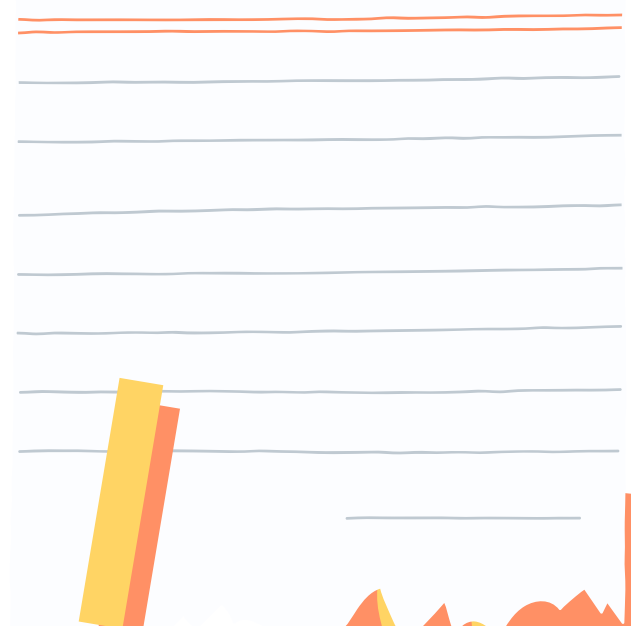
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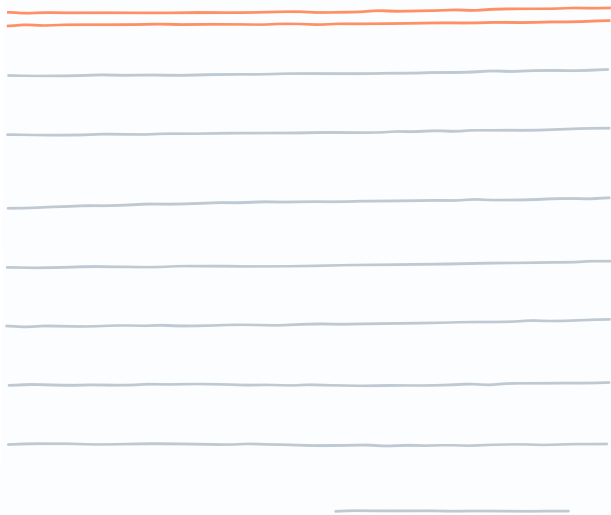


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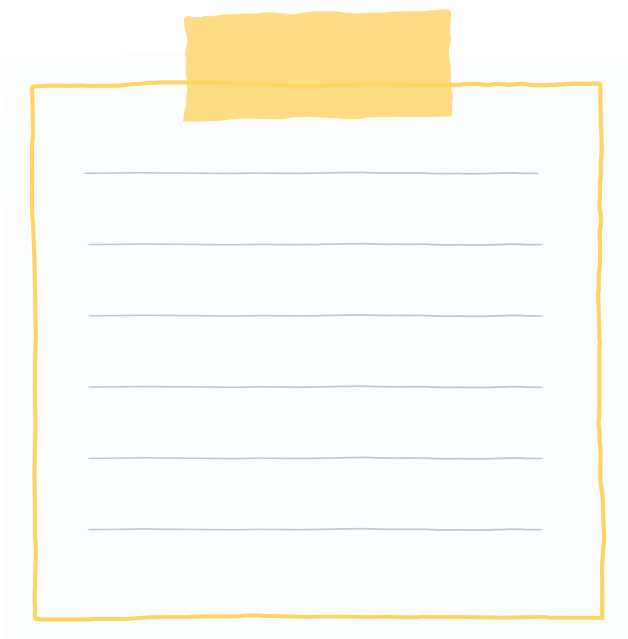
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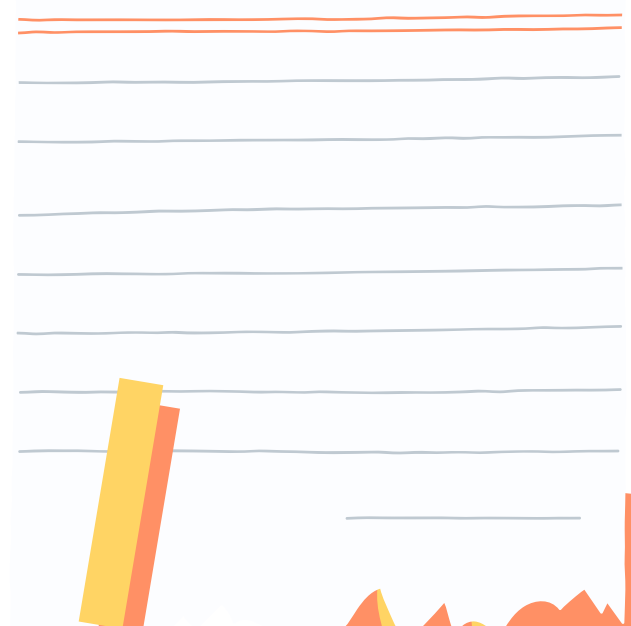
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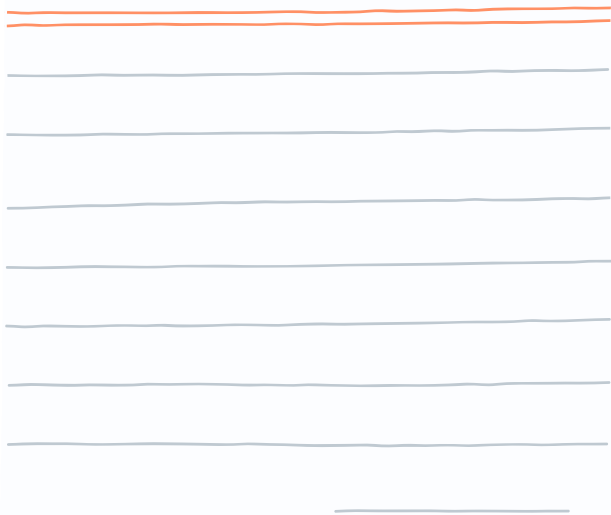


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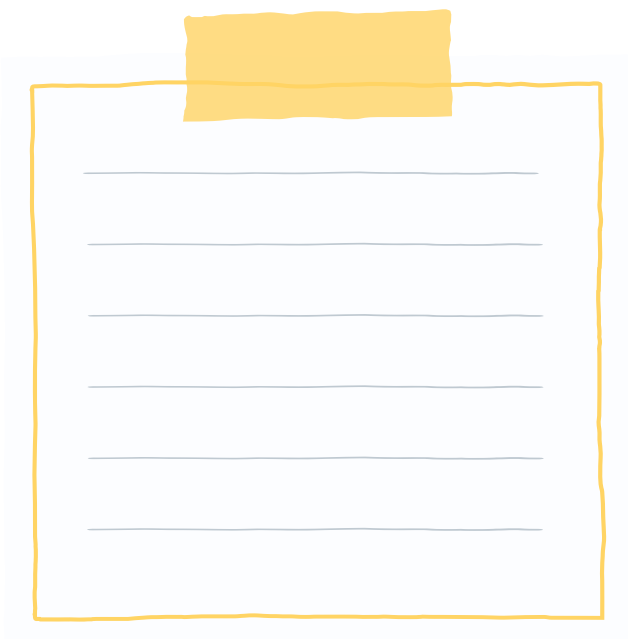
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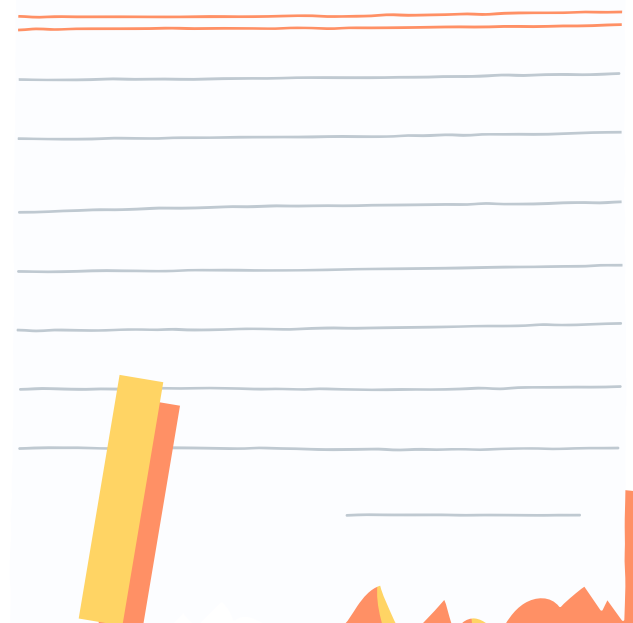
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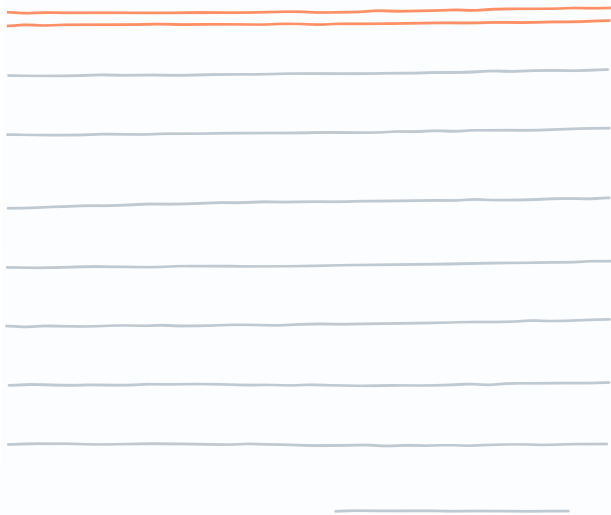


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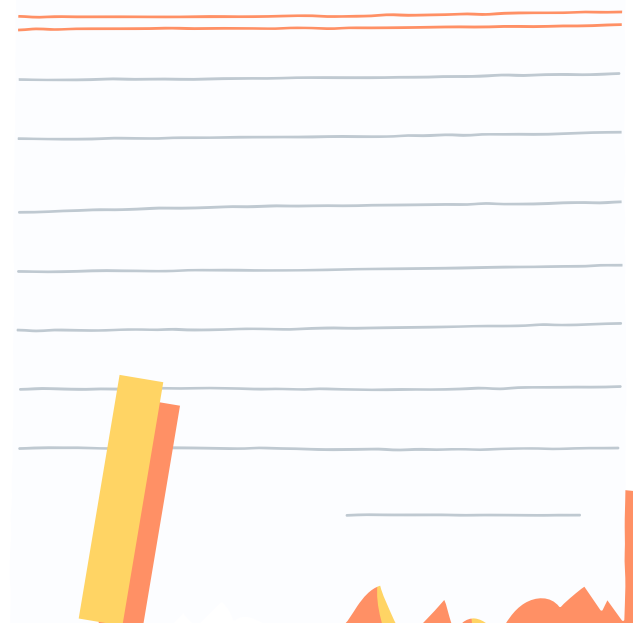
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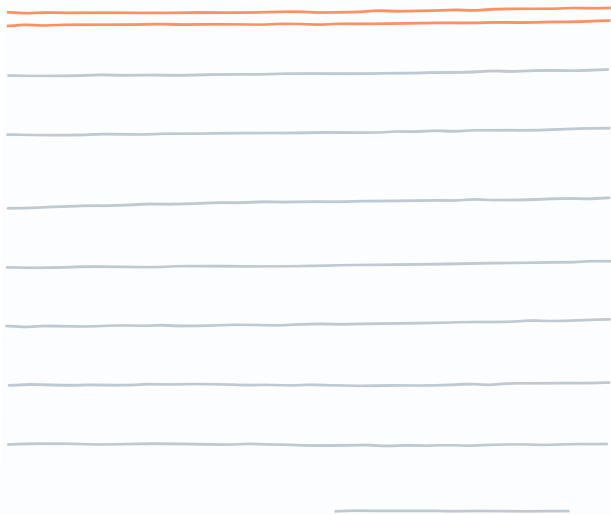


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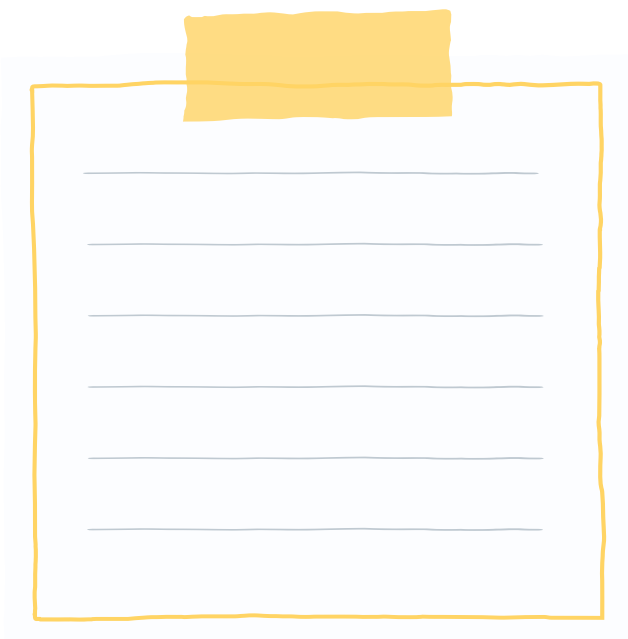
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Positive self-affirmation



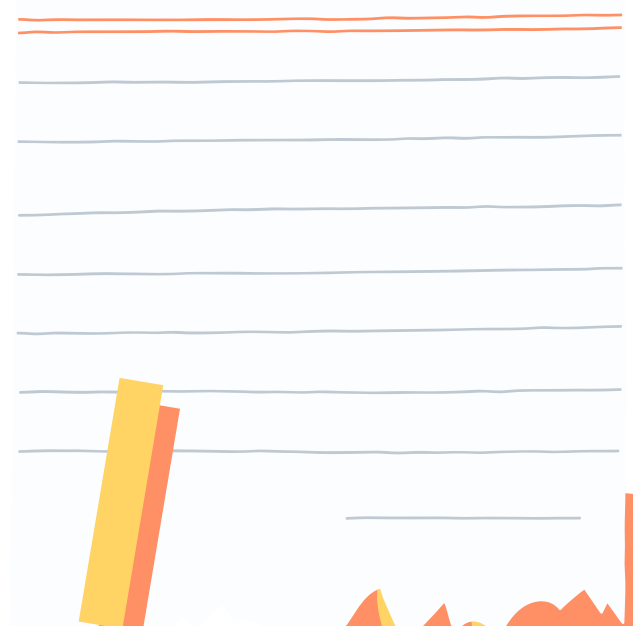
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Things to be grateful for



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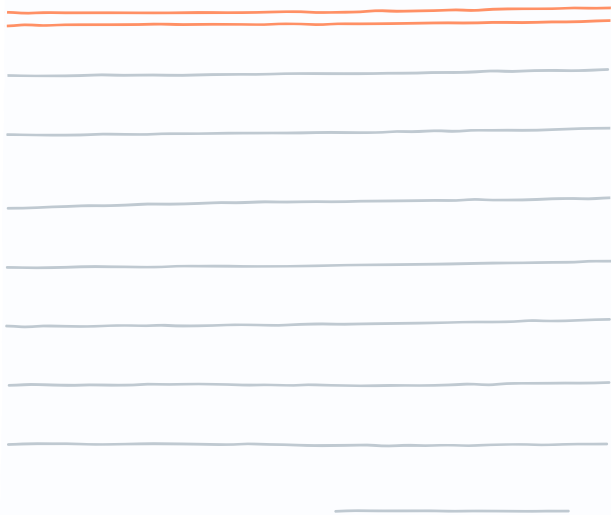


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Self-care Planner

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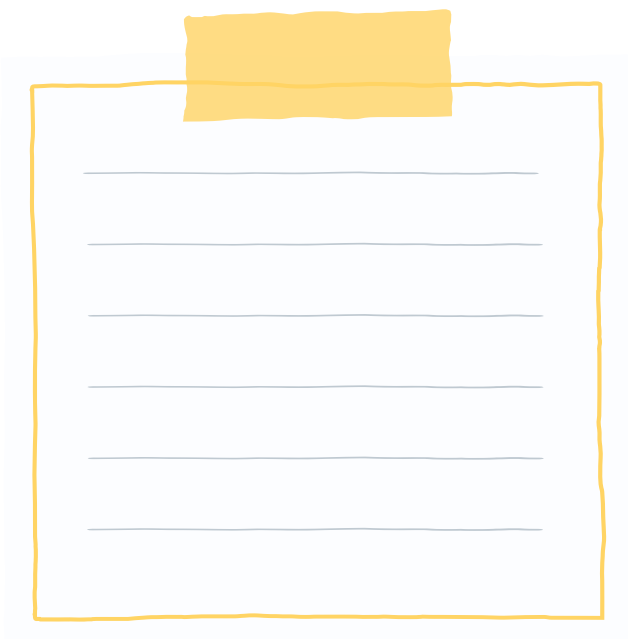
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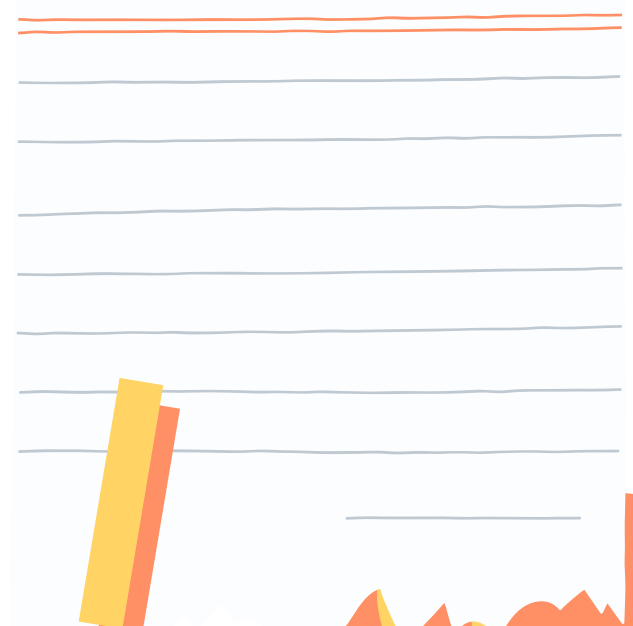
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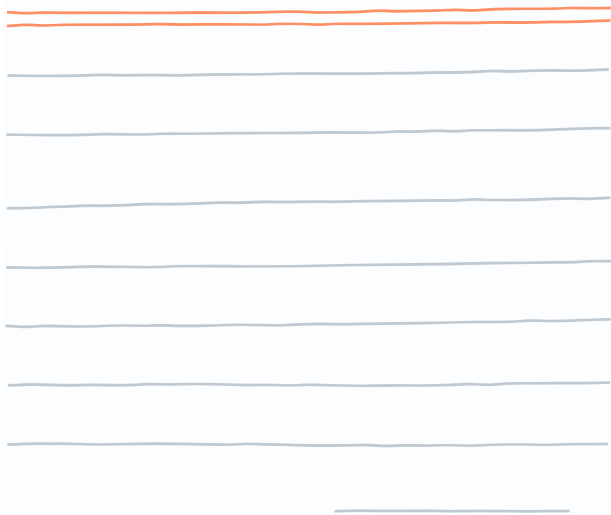


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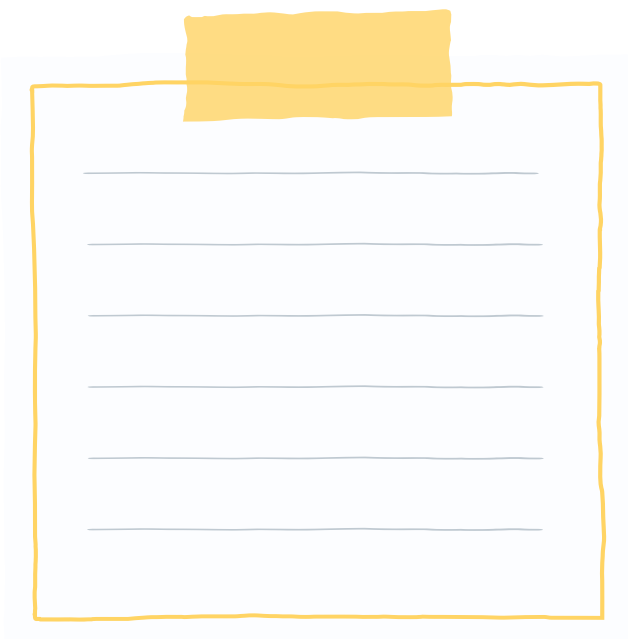
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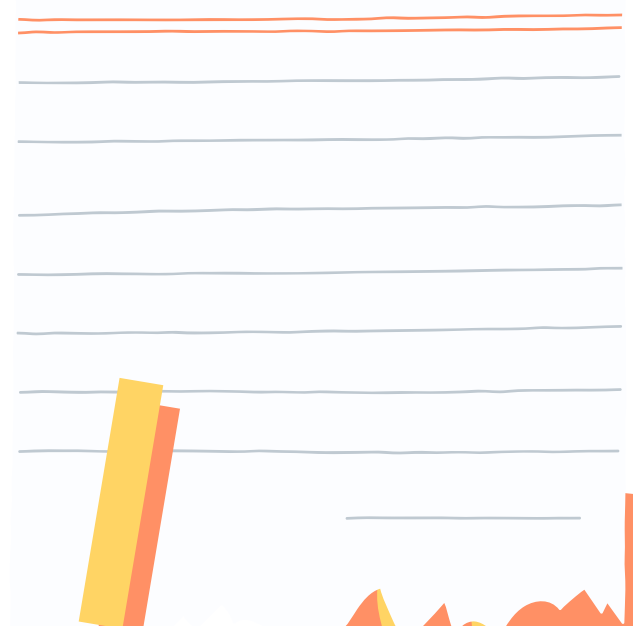
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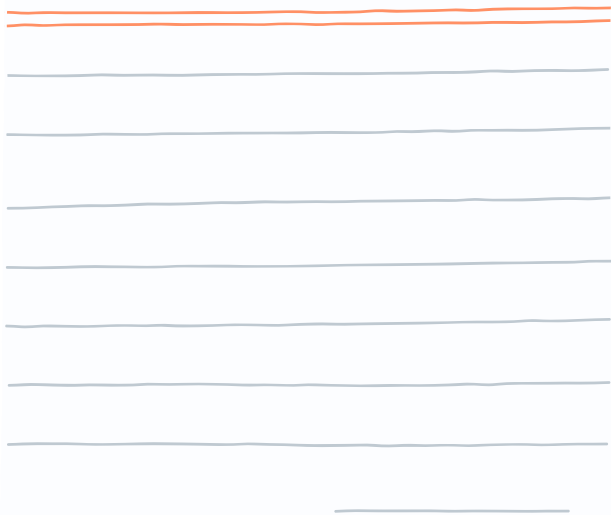


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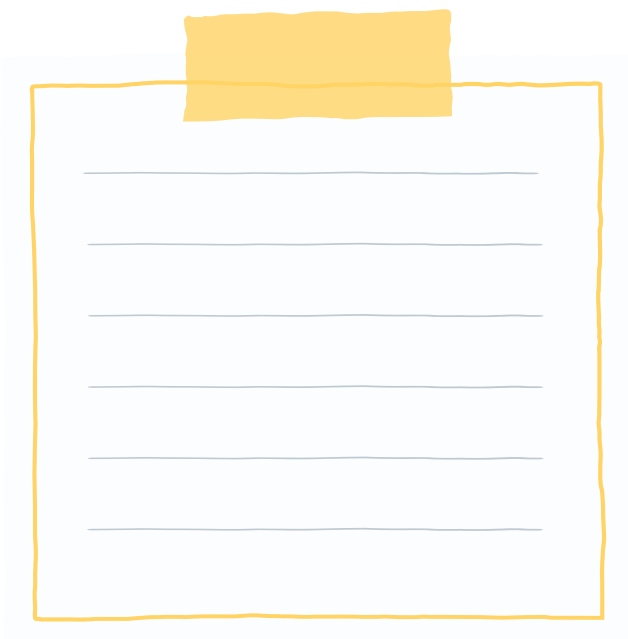
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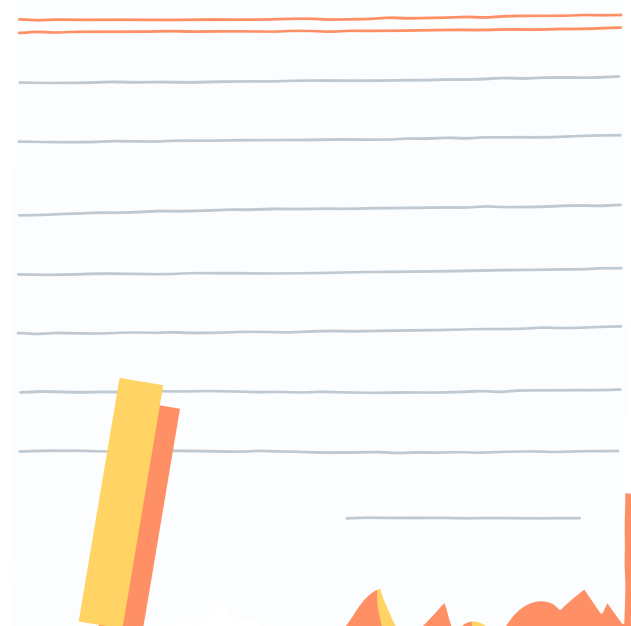
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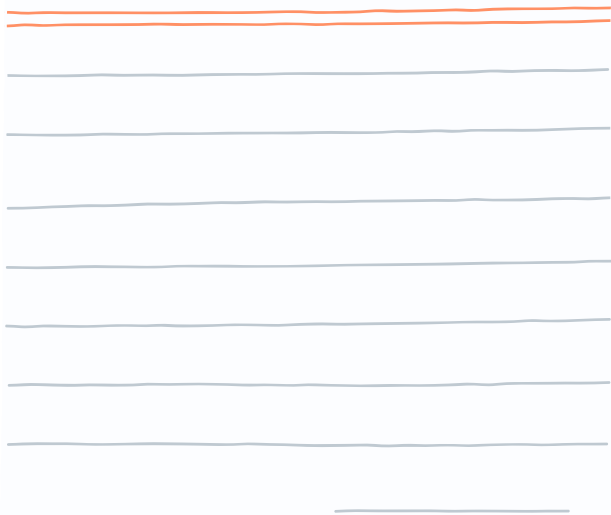


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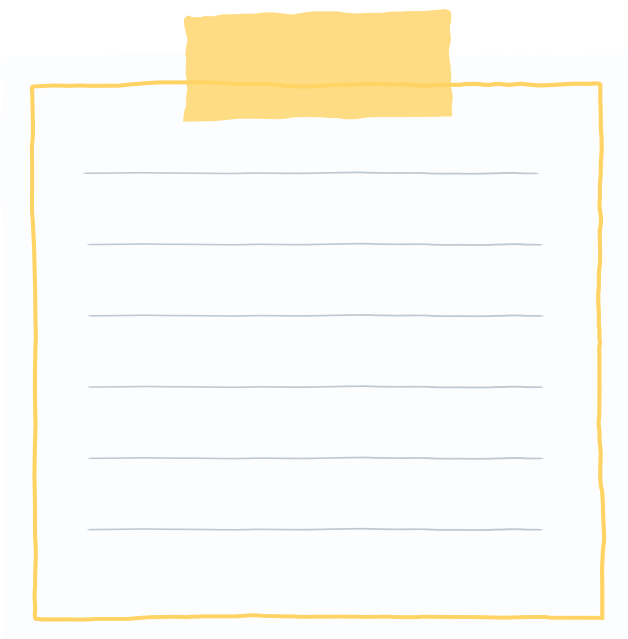
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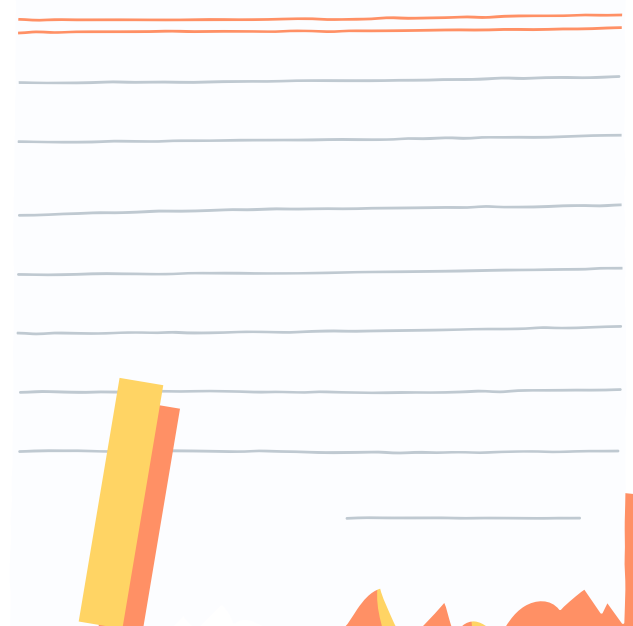
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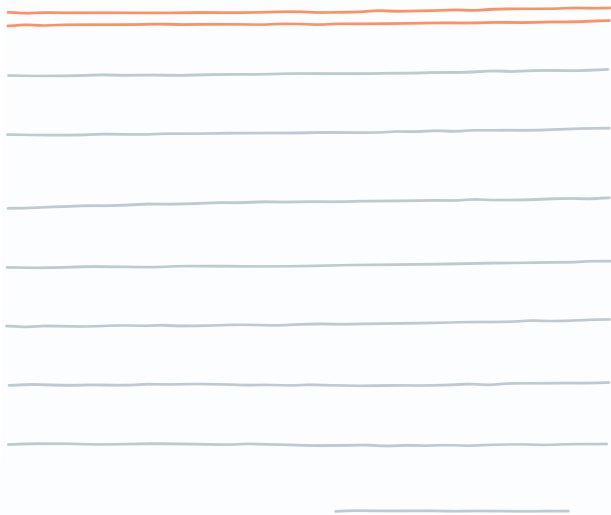
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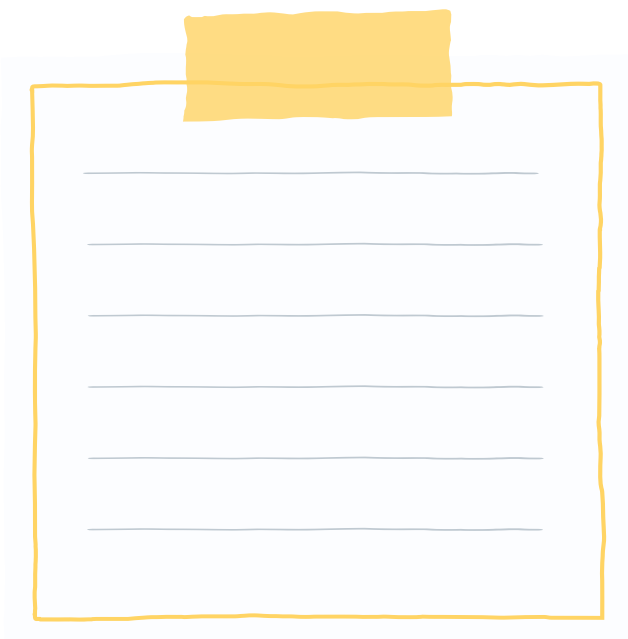
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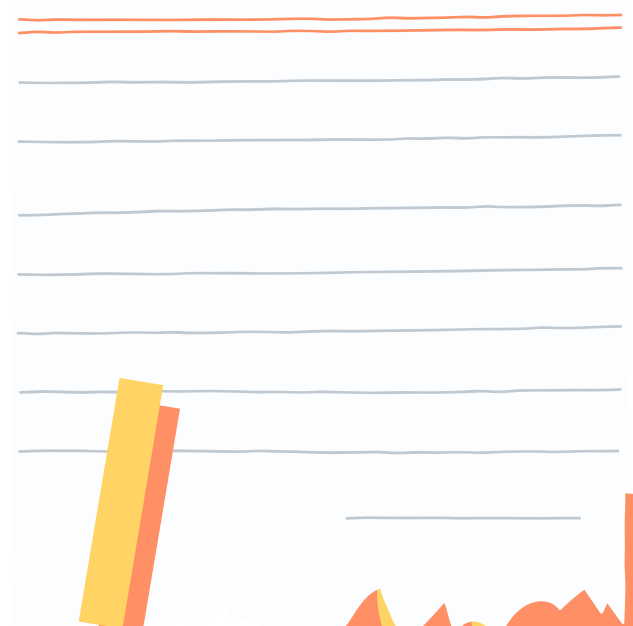
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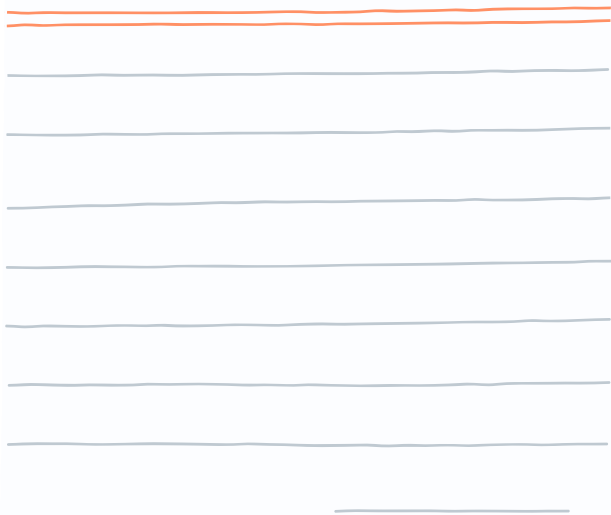


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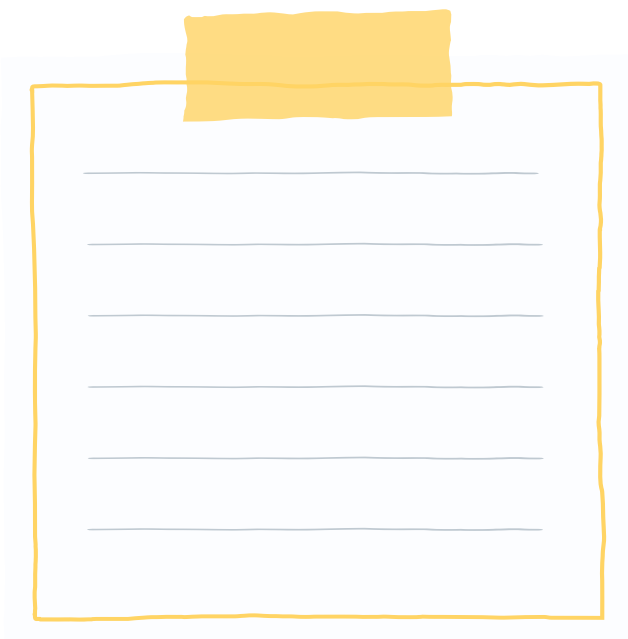
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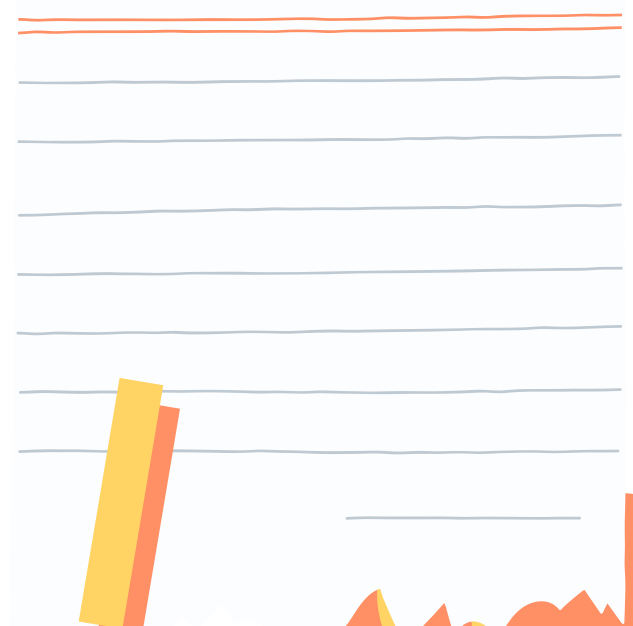
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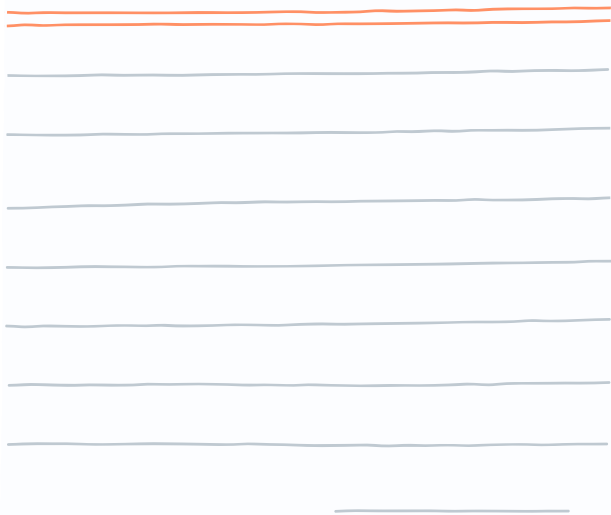


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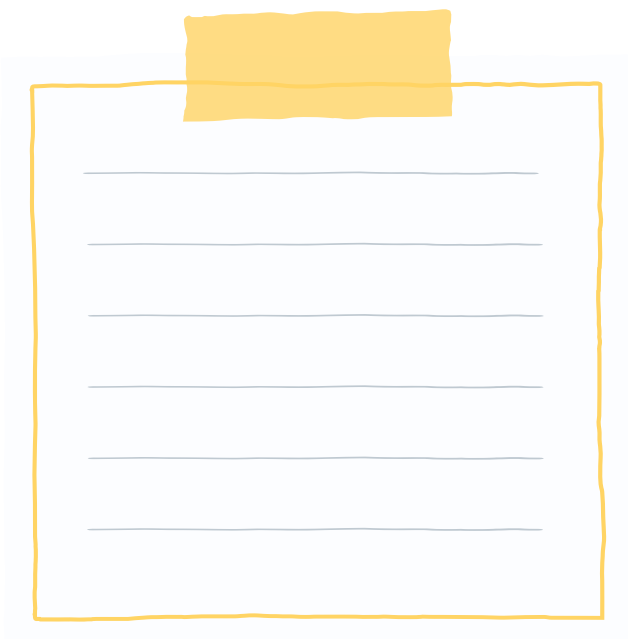
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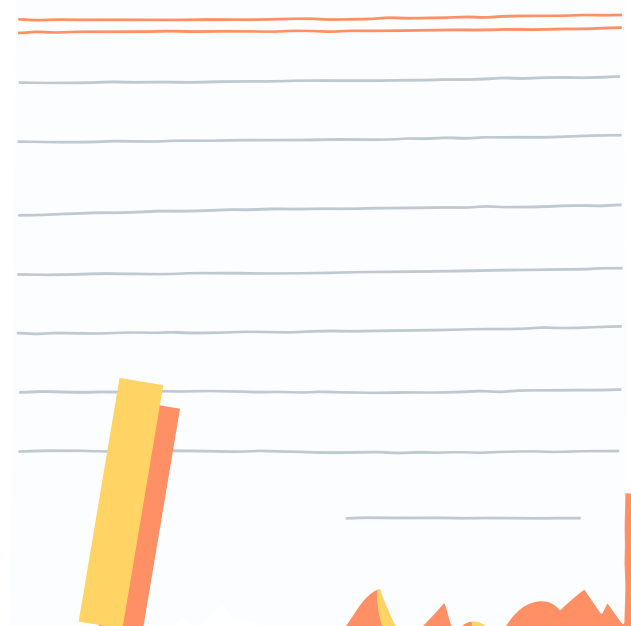
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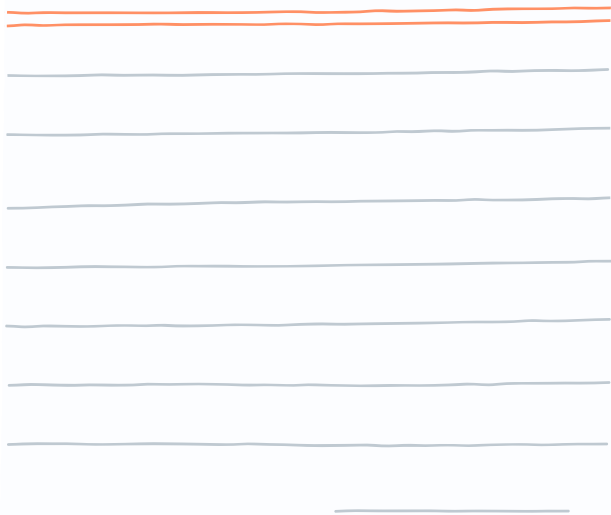


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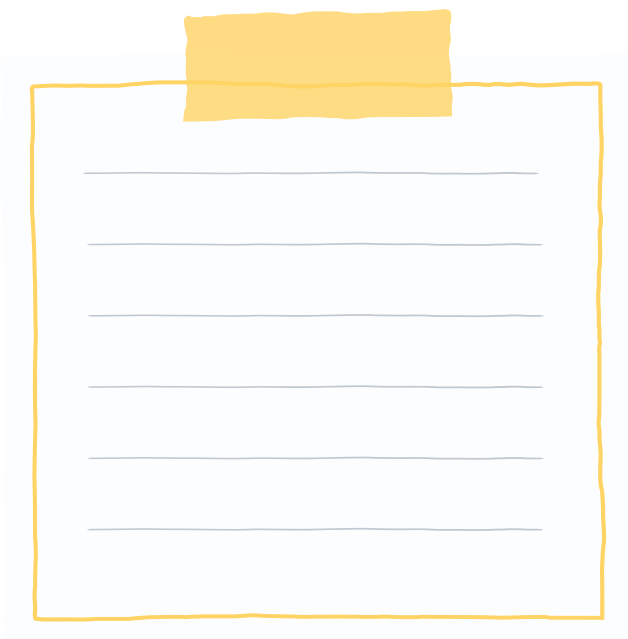
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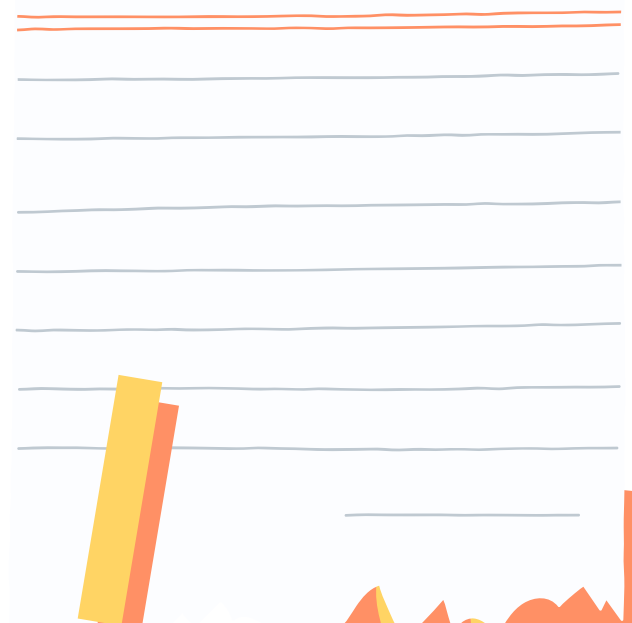
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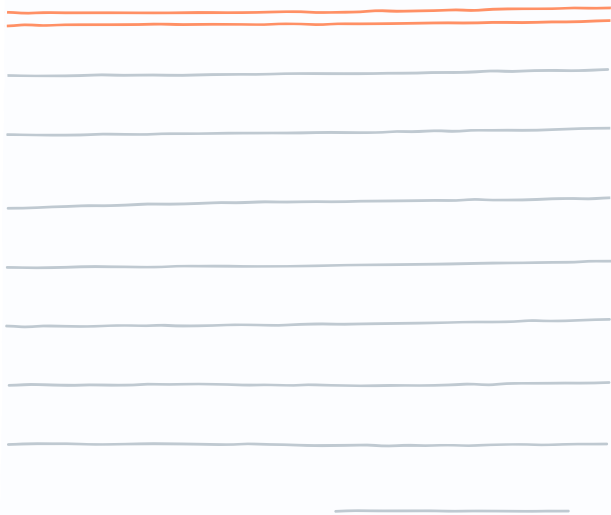


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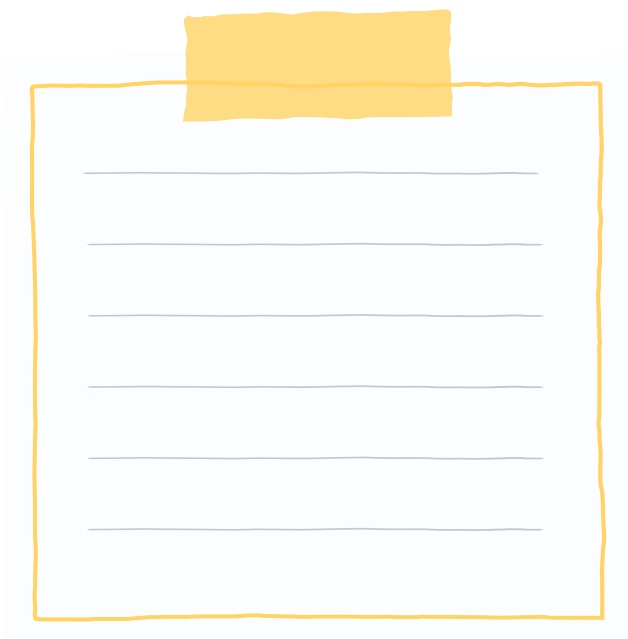
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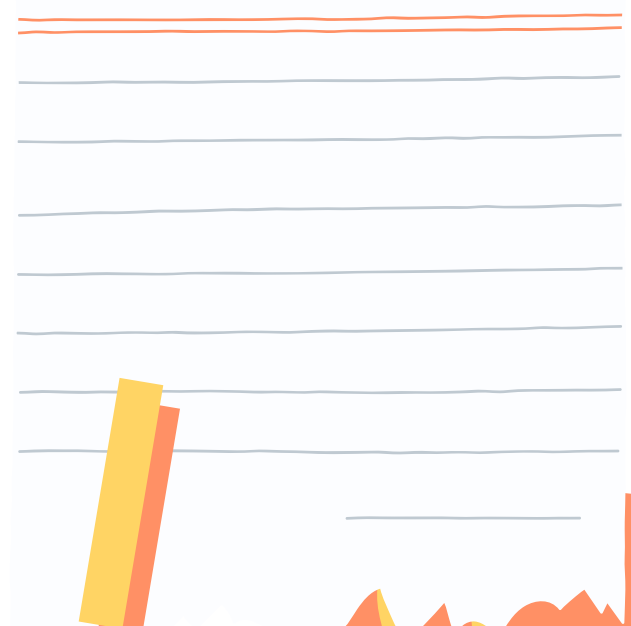
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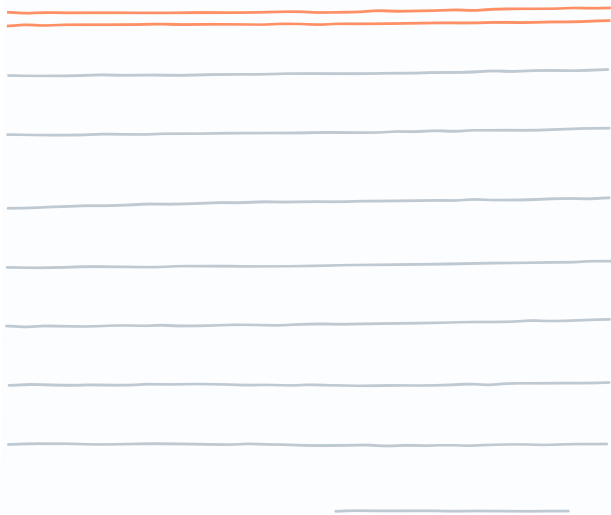


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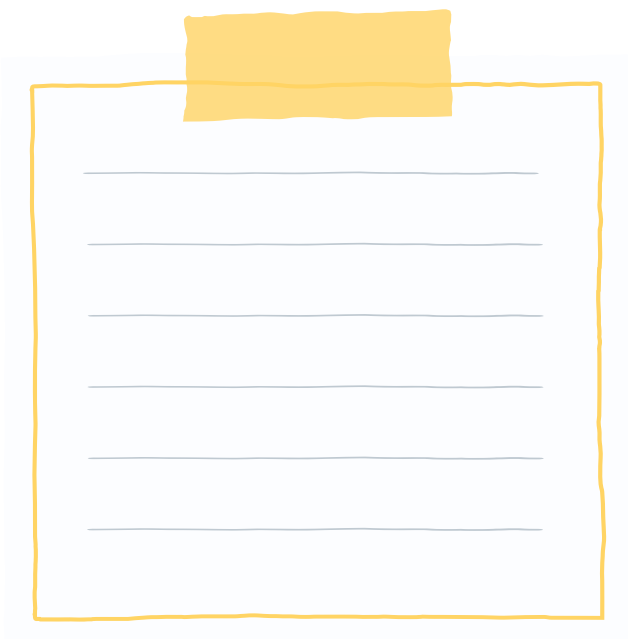
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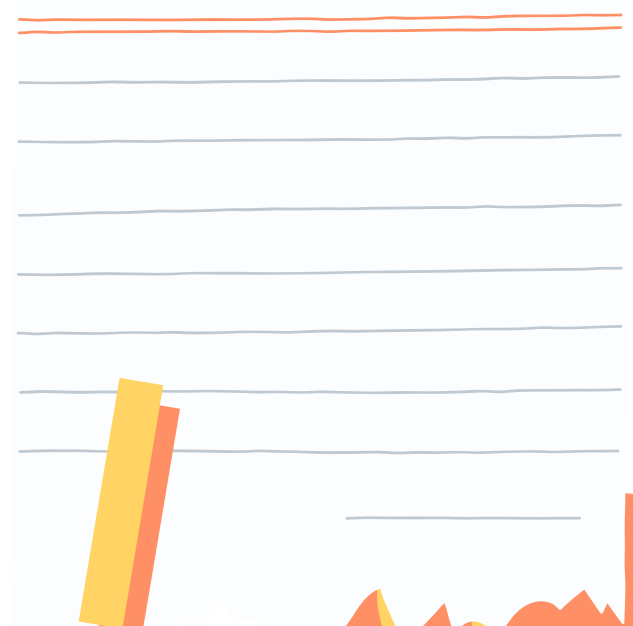
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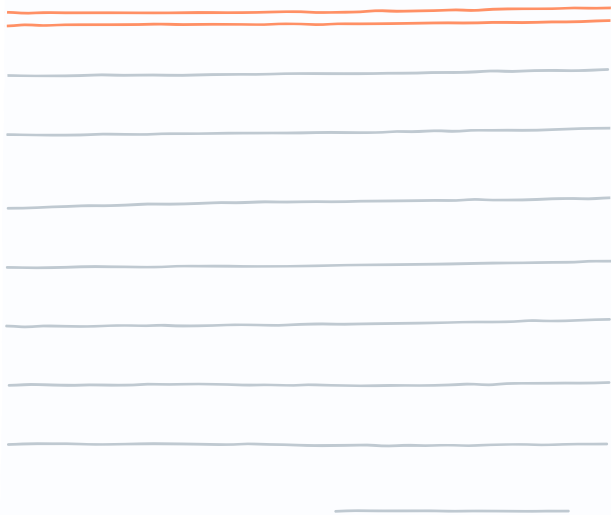


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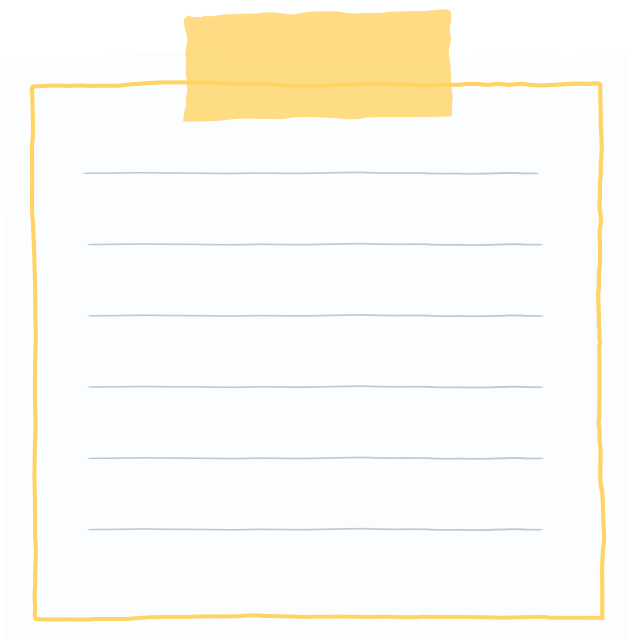
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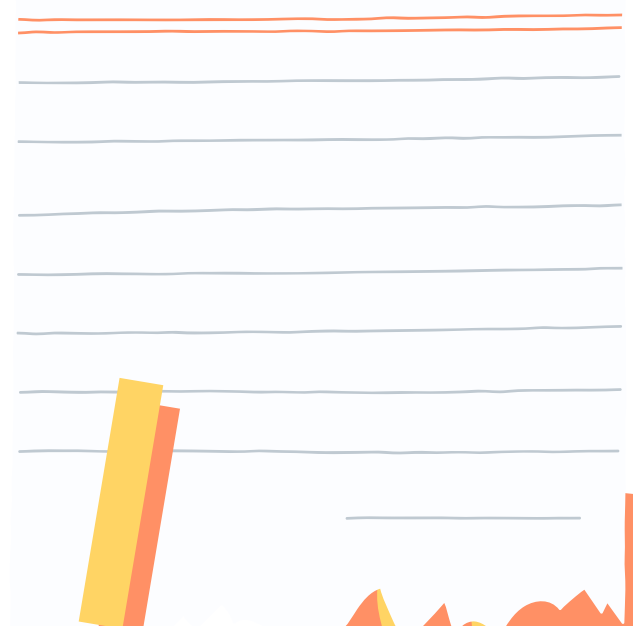
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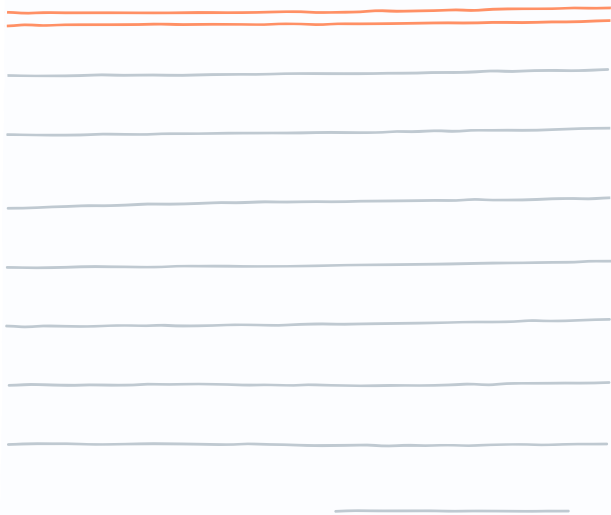


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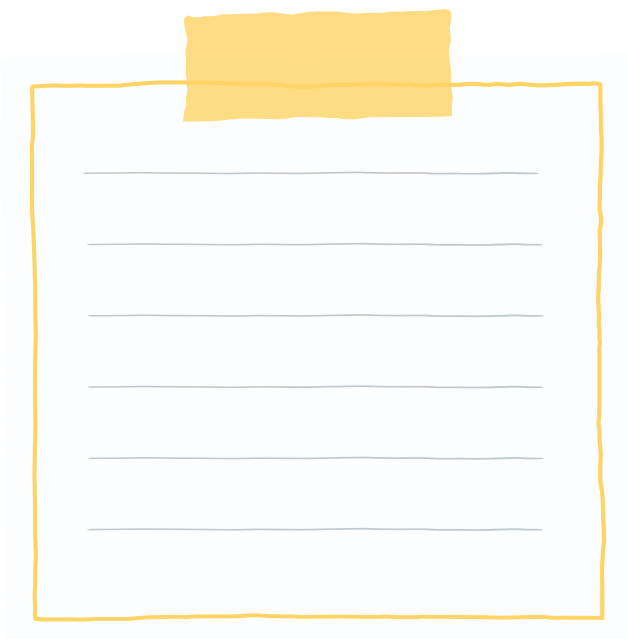
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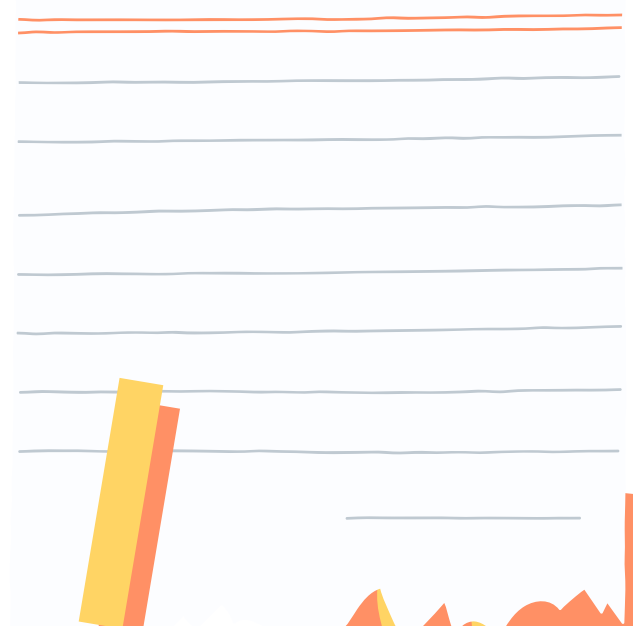
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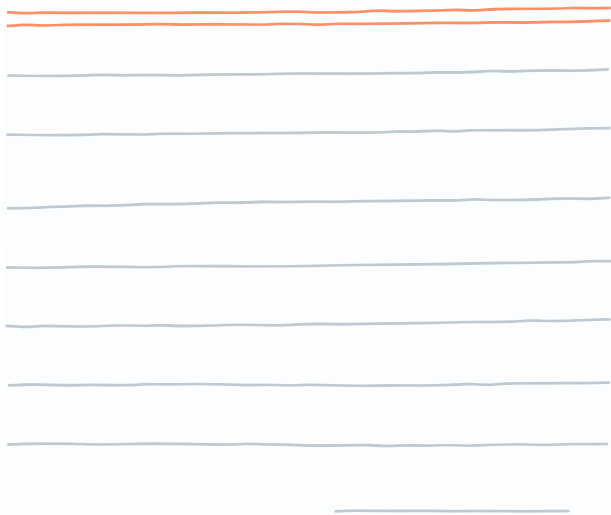


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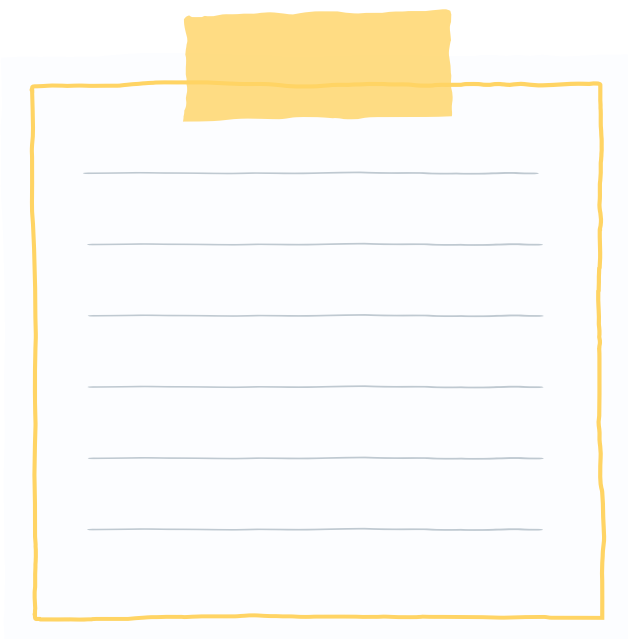
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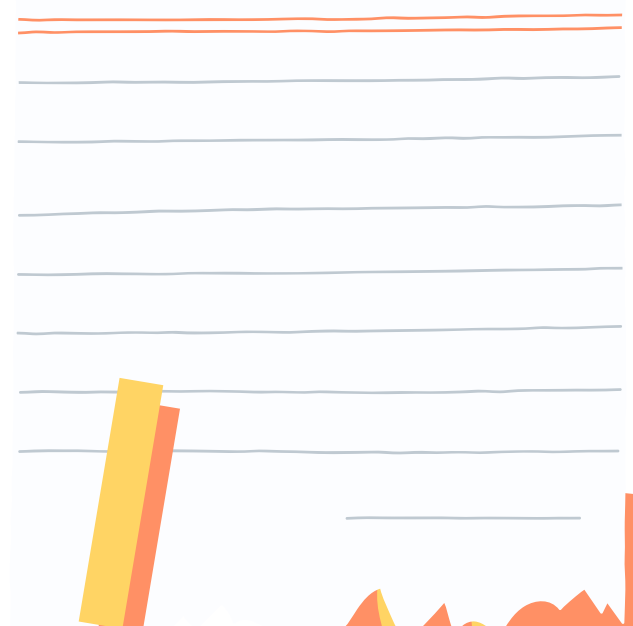
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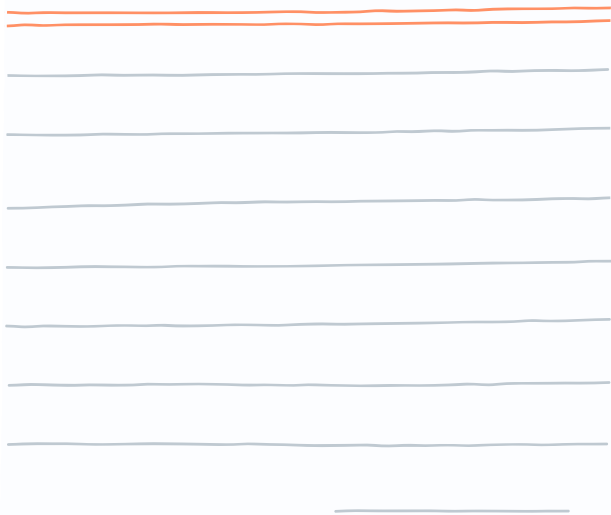


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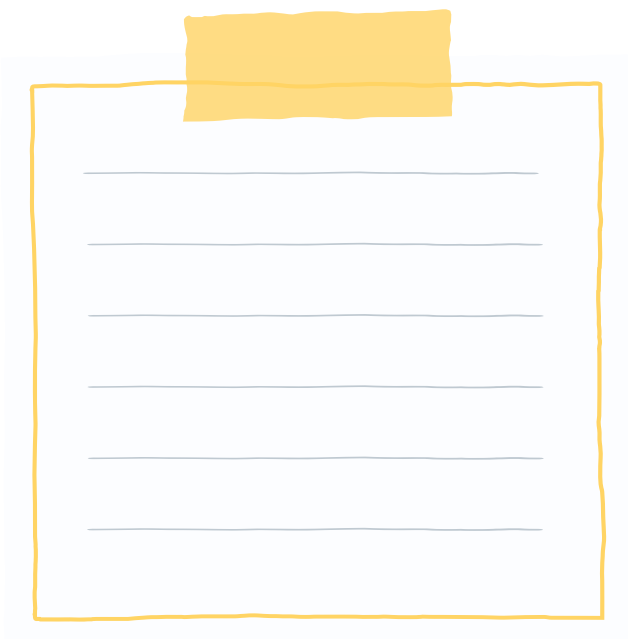
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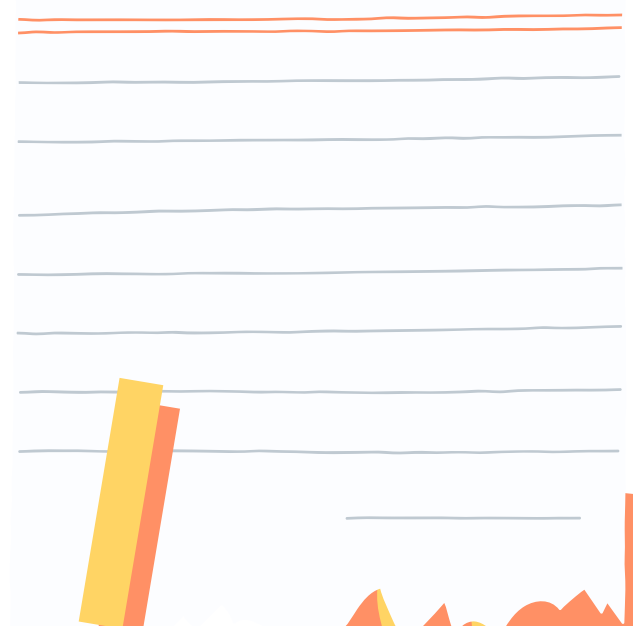
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