

MY SELF CARE PLAN

THINGS TO DO
★ EVERY DAY ★

THINGS TO DO
★ EVERY WEEK ★

UPLIFTING
NURTURING
PRACTICES

PHYSICALLY

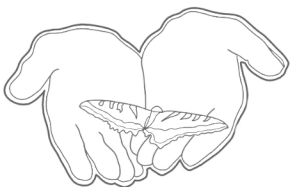
MENTALLY

EMOTIONALLY

CREATIVELY

THINGS TO WATCH OUT
FOR THAT MAY MAKE IT
HARD TO DO THIS:

SPIRITUALLY



SELF CARE
FOR THE
PANDEMIC

FREE E-COURSE
★
WITH ANDREA ★ SCHROEDER
★ CREATIVEDREAMINCUBATOR.COM ★