

Easy-Peasy Self-Care Instructions:

- 1- Print this sheet
- 2- Place Post-its on top of drawings
- 3- Print again (now with post-its in place)
- 4- Write your self-care for the day and DO IT! :)



self-care

I will _____



self-care

I will _____



self-care

I will _____



self-care

I will _____
