



## MY SELF-CARE FOR TODAY IS:

It can be as simple as spending a few minutes through out the day taking big long breaths.

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## TODAY I AM FEELING:

Remember however you're feeling is fine, accepting and being kind to yourself is the most important thing.

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## THE FUTURE SELF I WANT TO BE IS:

Visualising the type of qualities you want to have sets the intention to activate parts in your brain to start co-creating with you.

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