



The deeper work

I will support my physical health by:

1.
2.
3.
4.
5.
6.

I will support my mental health by:

1.
2.
3.
4.
5.
6.



To me, self-care is:

1.

2.

3.

4.

5.

6.

My teachers in personal development are:

1.

2.

3.

4.

5.

6.