7 Days of Self-Care Scorecard

Monday Tuesday Wednesday Thursday Friday Saturday Sunday
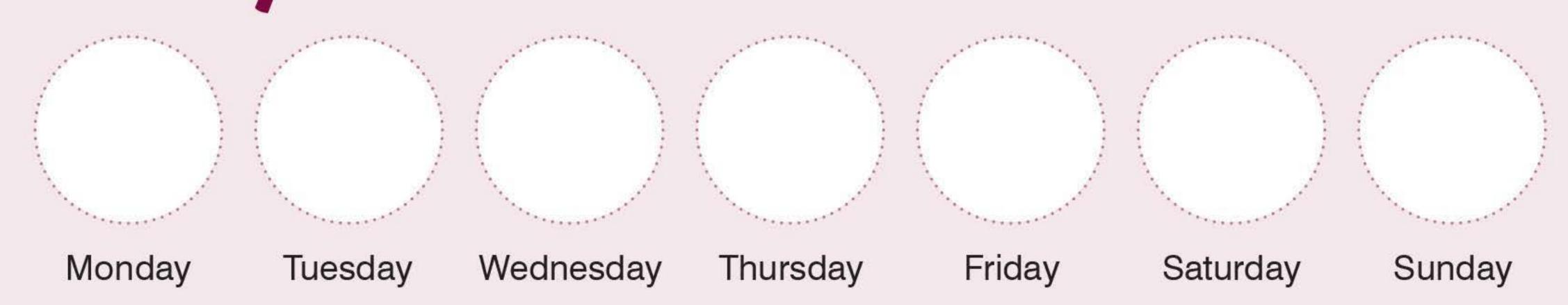
Set aside time for yourself each week, and treat yourself to a sticker as a reward for prioritising self-care.

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