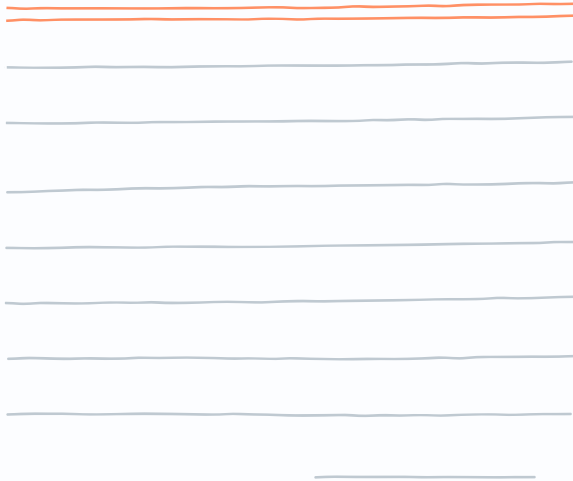


Self-care Planner

Activity



A section for writing activities, featuring a white rectangular area with horizontal blue lines. The top of the section is bordered by two orange lines.

Positive self-affirmation



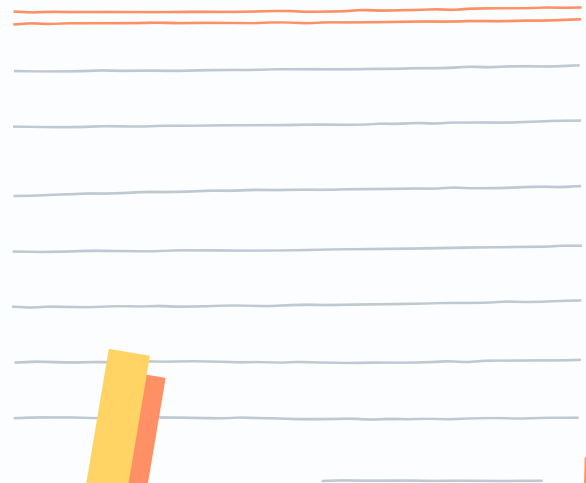
A section for positive self-affirmations, featuring a white rectangular area with horizontal blue lines. A purple paperclip is attached to the top right corner, with orange lines radiating from it. The bottom of the section is bordered by a thick purple line.

Things to be thankful



A section for things to be thankful for, featuring a white rectangular area with horizontal blue lines. A yellow sticky note is attached to the top center. The bottom of the section is bordered by a thick yellow line.

Self reminder



A section for self-reminders, featuring a white rectangular area with horizontal blue lines. A yellow sticky note is attached to the bottom left corner. The bottom of the section is bordered by a thick yellow line.