

December Self Care

SELF CARE MEANS GIVING THE WORLD THE BEST OF YOU INSTEAD OF WHAT IS LEFT OF YOU

WRITE DOWN YOUR FAVOURITE SELF-CARE ACTIVITIES HERE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

How do you want to feel this month

