

November 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	30	

How do you want to feel this month

