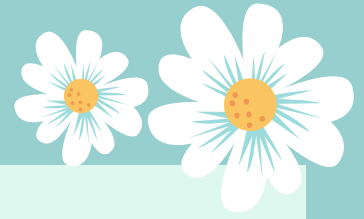
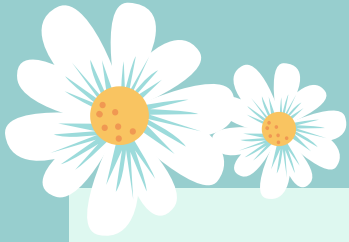


My Take Care of Myself To Do List



TODAY'S NECESSARY BASIC CARE NEEDS

Blank writing area for today's necessary basic care needs, framed by small circles.

ONE WAY TO KEEP ACTIVE

Blank writing area for one way to keep active, framed by small circles.

ONE WAY I CAN CONNECT WITH OTHERS

Blank writing area for one way to connect with others, framed by small circles.

ONE THING I WILL BE GLAD I DID LATER

Blank writing area for one thing to be glad I did later, framed by small circles.

ONE WAY TO TAKE NOTICE / BE MINDFUL

Blank writing area for one way to take notice / be mindful, framed by small circles.

ONE WAY TO TRY OUT SOMETHING NEW

Blank writing area for one way to try out something new, framed by small circles.

ONE THING I FEEL THANKFUL FOR TODAY

Blank writing area for one thing to feel thankful for today, framed by small circles.

ONE WAY I CAN GIVE TO OTHERS

Blank writing area for one way to give to others, framed by small circles.

