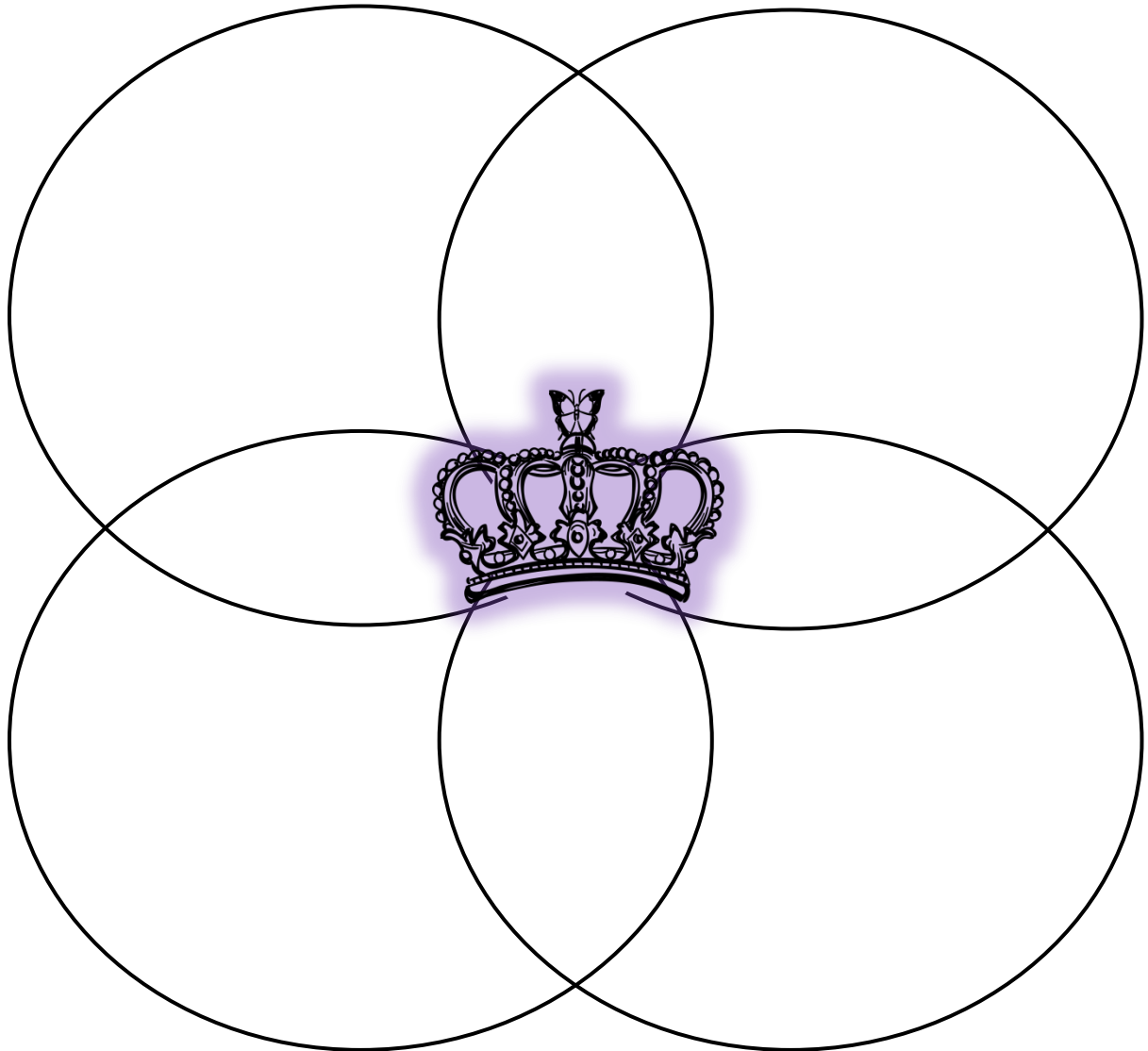


# The Self-Care Sweet-Spot

Use the space below to brainstorm self-care ideas that will help you live a well-balanced life., or to ensure you're doing something for yourself in each category every day!

*Mental*

*Physical*



*Emotional*

*Spiritual/Creative*