The background features a light beige hexagonal shape with a subtle drop shadow. Overlaid on this are several thin, orange-brown geometric lines forming a complex, star-like pattern. In the top right and bottom center, there are illustrations of flowers in shades of yellow, orange, and pink, with green leaves. The text is centered within the hexagon.

Self-Care

is

Mandatory

UNFOLDANDBEGIN.COM

Evaluate my current self-care routine

Mind

Body

Spiritual

Relationship



Affirmation

Mind

Body

Spiritual

Social

TREAT
yourself

Self Esteem Builder

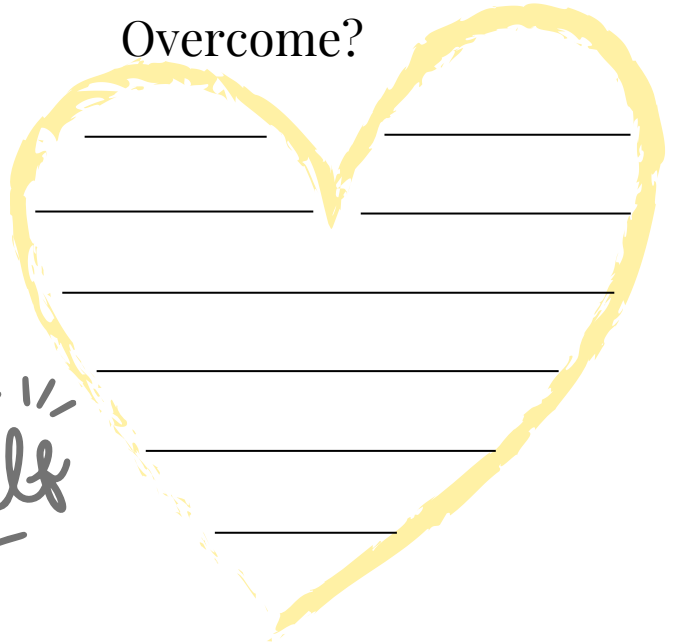
I define my personal
success by...



Today I'm
grateful for...



What fears have I
Overcome?



My three best
qualities?

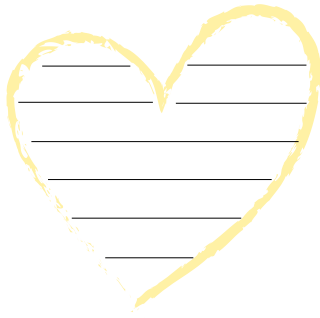


*Proud
OF
myself*

Self-care means to me

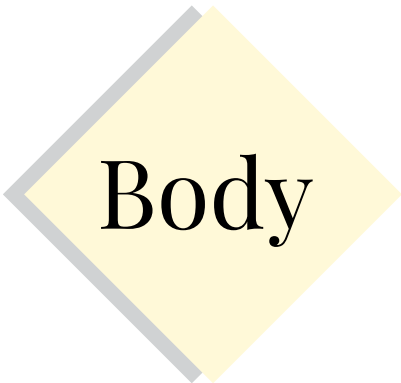


One self care
practice I can do
today is...



Weekly Self-Care

Affirmation



Current Practice

New Practice



Current Practice

New Practice



Current Practice

New Practice



Current Practice

New Practice

Weekly Self Care Priorities



Emotional

Health

Spiritual

Affirmation

Physical

Social

Mental

How do you set and achieve personal goals
that align with your values and passions?



How do you celebrate your
accomplishments and successes?



How do you practice self-acceptance and embrace your flaws and imperfections?



How do you cultivate gratitude and positivity towards yourself and your life?