

I have come to believe that caring for myself is not self indulgent. Caring for myself is an act of survival. - Audre Lorde

Believe in caring for yourself. Use this space to create your own **words of affirmation** to remind you every week that you are deserving of care.



WEEKLY SELF-CARE CALENDAR

	<i>Physical</i>	<i>Psychological</i>	<i>Emotional</i>	<i>Spiritual</i>	<i>Personal</i>	<i>Professional</i>	<i>How do you feel after caring for yourself today?</i>
<i>M</i>							
<i>Tu</i>							
<i>W</i>							
<i>Th</i>							
<i>F</i>							
<i>Sat</i>							
<i>Sun</i>							