

# weekly self care schedule

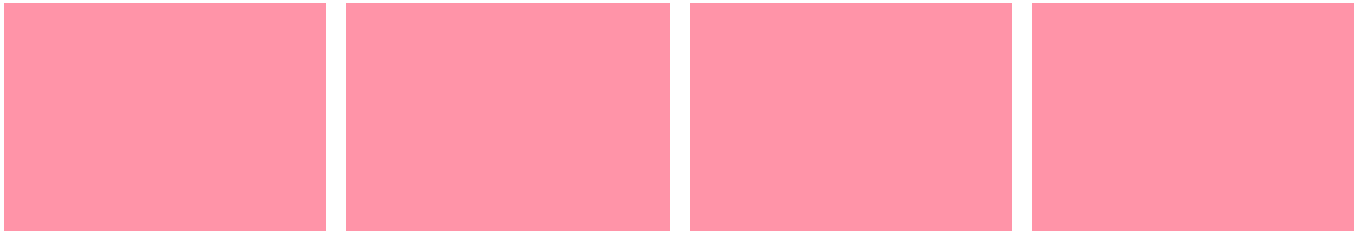
PHYSICAL

EMOTIONAL

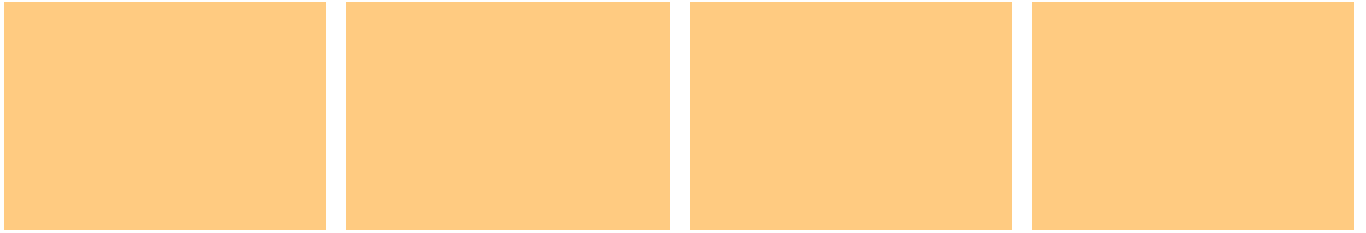
SPIRITUAL

PROFESSIONAL

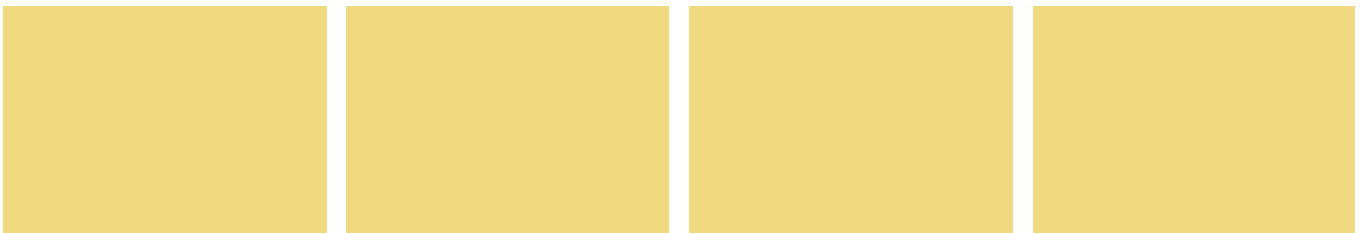
MONDAY



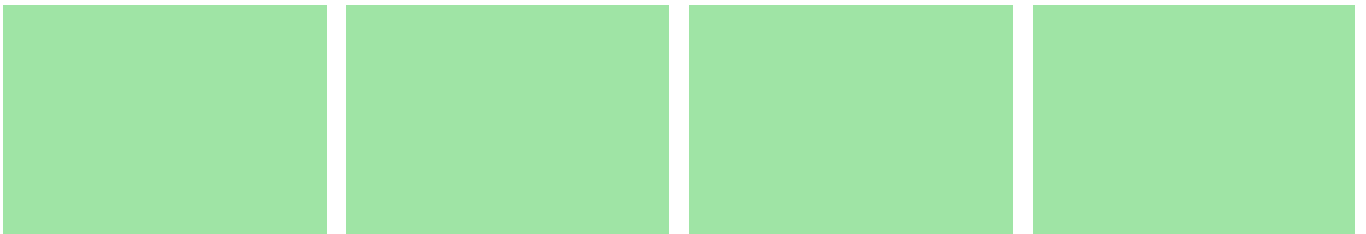
TUESDAY



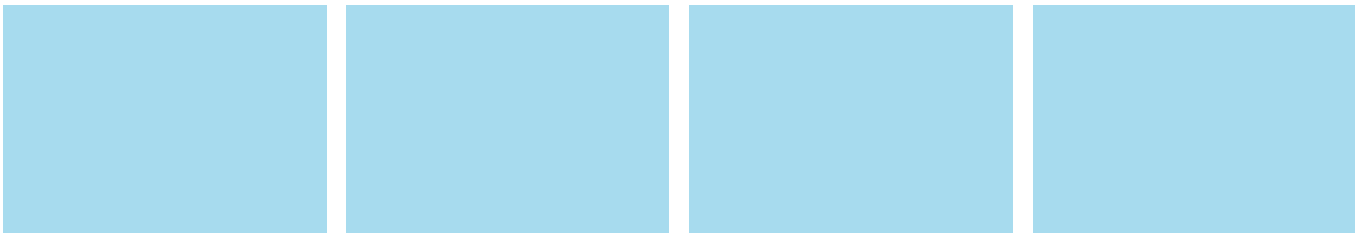
WEDNESDAY



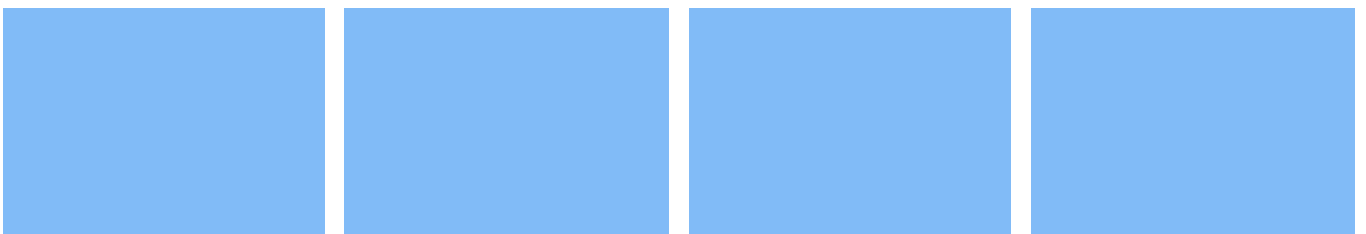
THURSDAY



FRIDAY



SATURDAY



SUNDAY

