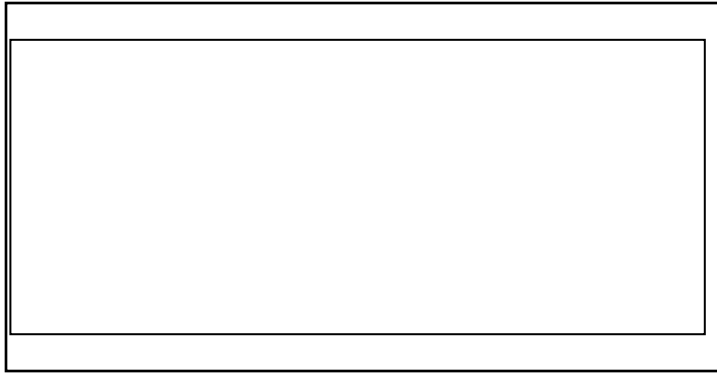
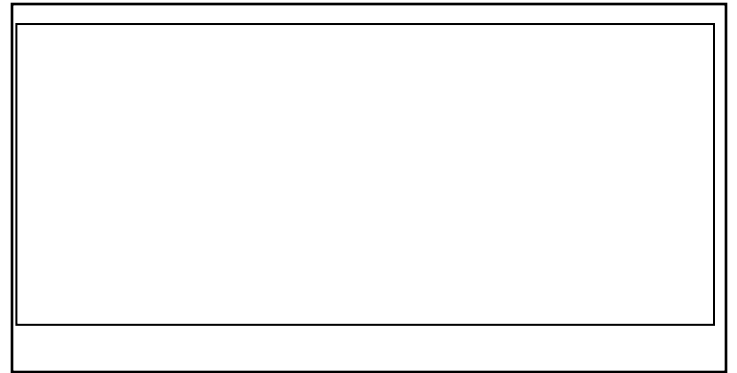


Self-Care Plan

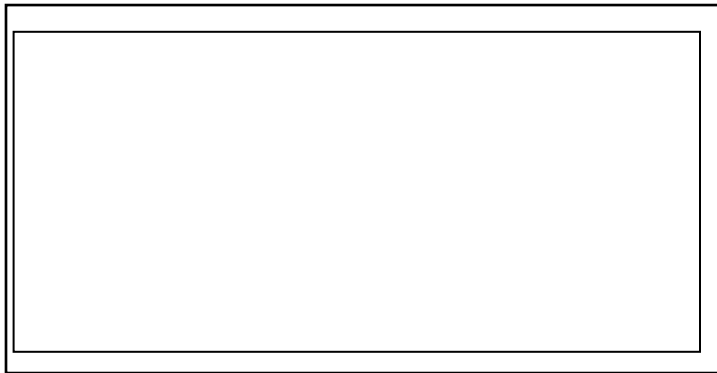
1. Values

A large, empty rectangular box with a double-line border, intended for writing the user's values.

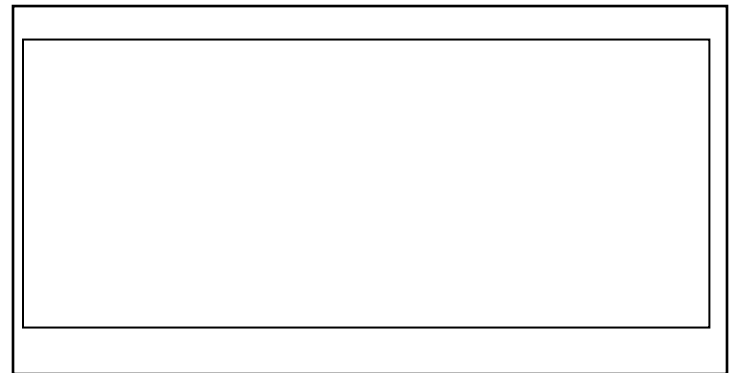
3. Would Like To Practice

A large, empty rectangular box with a double-line border, intended for writing the user's desired practices.

2. Current Practices

A large, empty rectangular box with a double-line border, intended for writing the user's current practices.

4. Commit & Measure

A large, empty rectangular box with a double-line border, intended for writing the user's commitments and measurements.