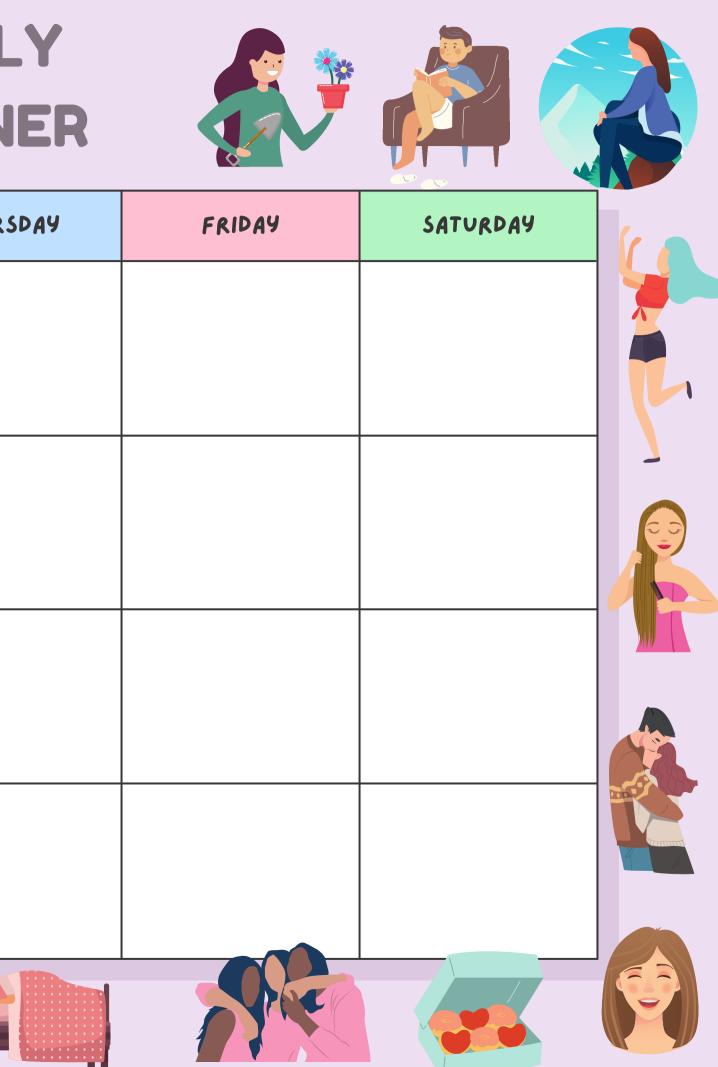


MALLOW MONTHLY SELF-CARE PLANNER

-	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSI
R.					
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Mallow Self-Care Checklist

I pushed myself out of my comfort zone I completed my tasks, \bigvee chores, work or studies And I kept myself And I spent some \checkmark moving and stretching time in nature I nourished myself I nurtured my plants \checkmark well And I kept myself \checkmark And cuddled my pets well hydrated And I made some art \checkmark And I indulged in the occasional treat \checkmark I took time to pamper I danced and sang and played loud music myself

So yea, it's been a pretty good month!







I made time to read fiction



And I spent quality time with myself



And I practiced good sleep hygiene and slept well



I had fun with my favourite people and I laughed a lot



And I nurtured my personal relationships



Things I've learned about me

Things I love about my life Thir

Things that triggered me

e Things I need to change

