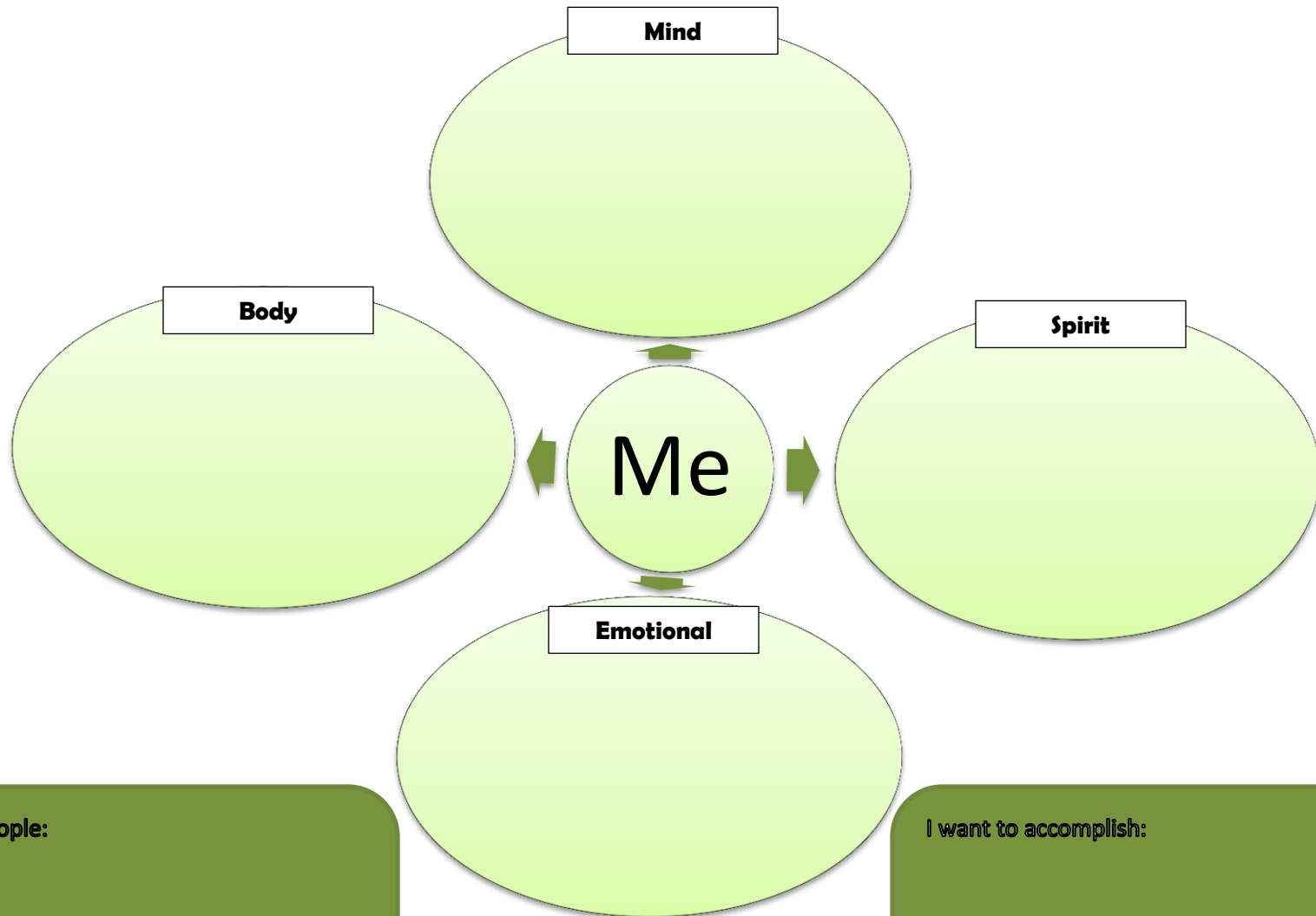


Self-Care Plan

PREVENTING BURNOUT AND LOVING LIFE



Supportive People:

I want to accomplish: