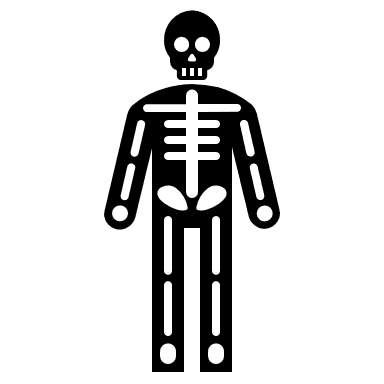
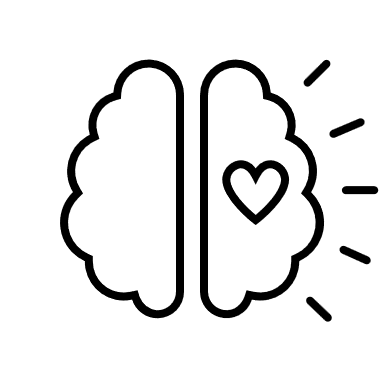
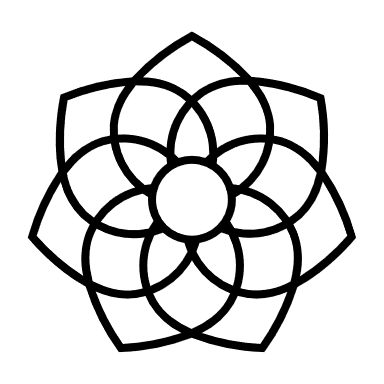
Shape

Description automatically generated with low confidence

Aspirations

Relationships

Spirit

Body

Mind

My Self-care Plan:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_