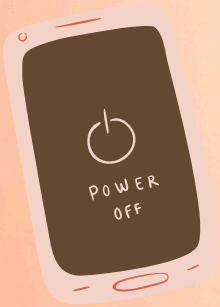


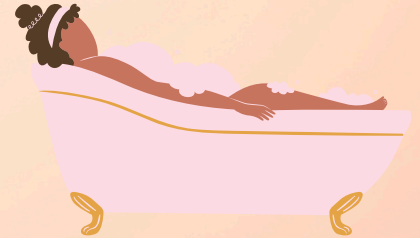
# October Self Care Checklist

☐

phone  
break

☐

buy myself  
flowers

☐

take a  
relaxing bath

☐

listen to a good  
podcast

☐

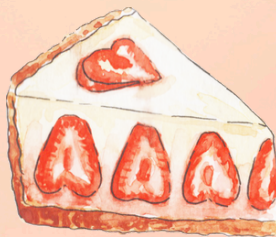
face mask

☐

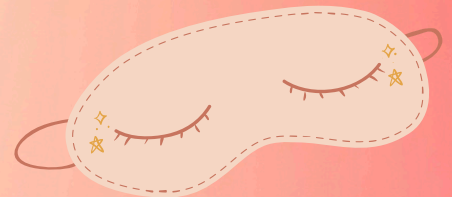
meditate

☐

journal

☐

treat  
myself

☐

rest