

2021 Committing To Your Self Care

Spirit

I commit to...

How often _____

Body

I commit to...

How often _____

Relationships

I commit to...

How often _____

Home

I commit to...

How often _____

Mind

I commit to...

How often _____

Nutrition

I commit to...

How often _____

Skincare

I commit to...

How often _____

Love always, Me!

SIGNATURE:

DATE:

