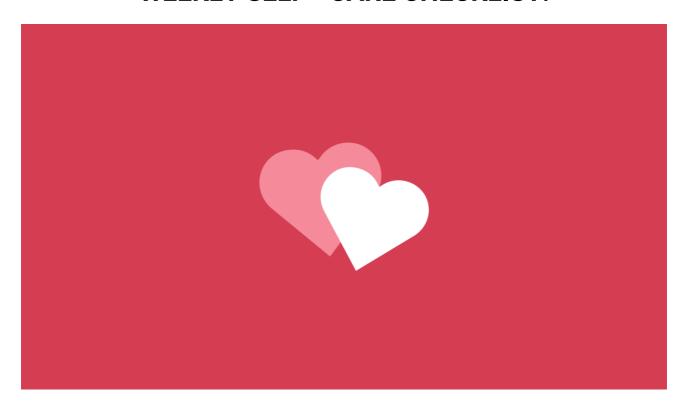
WEEKLY SELF - CARE CHECKLIST:



SPEND TIME WITH FRIENDS.
GO TO THE GYM.
WATCH A SUNSET.
MAKE 5 MEALS FROM SCRATCH.
DO SOMETHING OUTSIDE.
READ A BOOK.

EXERCISE REGULARLY.