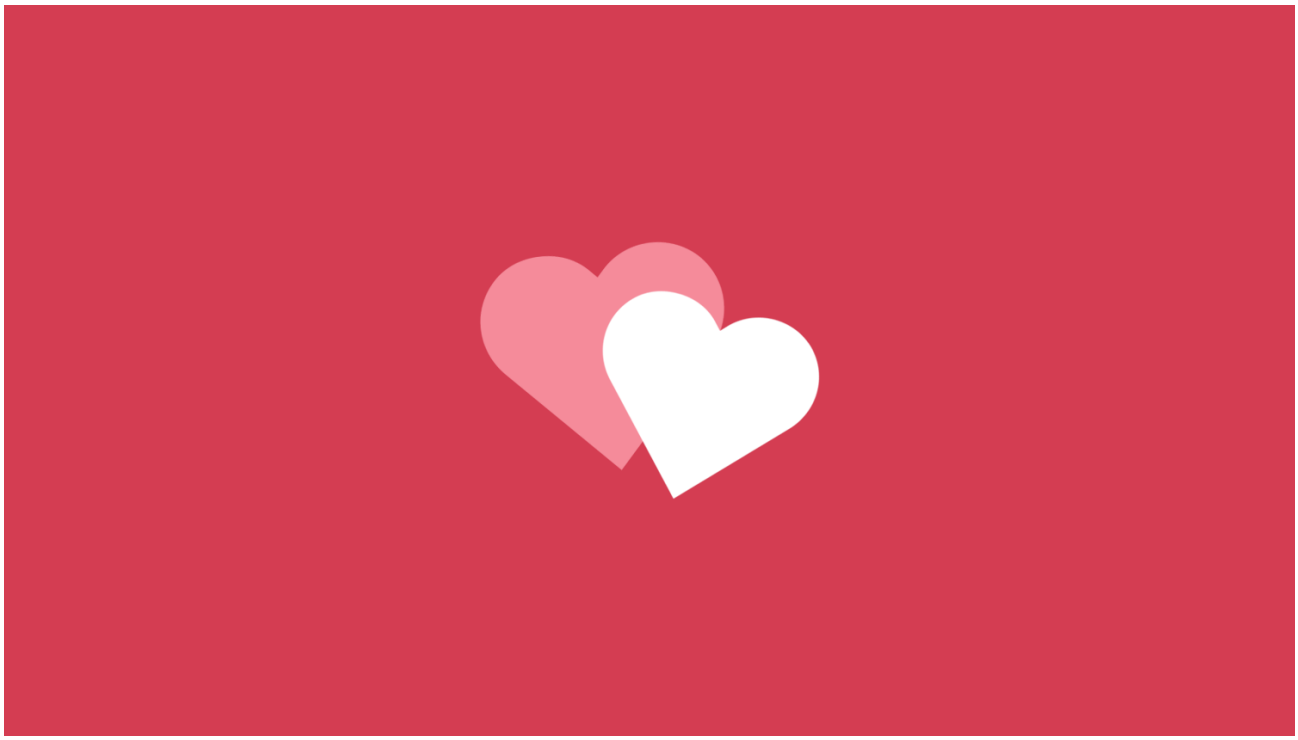
WEEKLY SELF - CARE CHECKLIST:



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

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