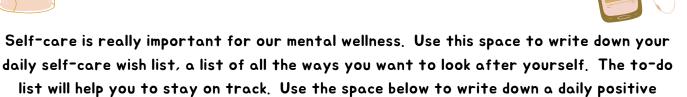
Academic Week:



MY SELF-CARE PLAN



affirmation or quote and write down what you are thankful for in space for gratitude.

