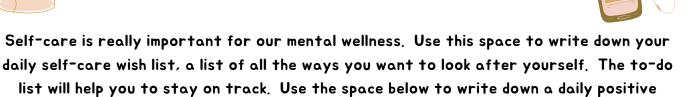
Academic Week:



## **MY SELF-CARE PLAN**



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

