

My Self Care Plan

Mental

Physical

Emotional

Self-Care is NOT selfish or self-indulgent. We cannot nurture others from a dry well. We need to take care of our own needs first, then we can give from our surplus, our abundance.

- Jennifer Loudon

"A person who is humble would never be abusive or selfish, so don't abuse yourself or withhold self-love or self-care."

- Bryant McGill