

# *Embracing Imperfect Wellness*

WHAT IS SOMETHING I DID LAST WEEK TO TAKE CARE OF MYSELF?

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A MOMENT THAT MADE ME SMILE:

SOMETHING I DID WELL:

WHAT IS ONE NEW WAY I CAN PRIORITIZE MY WELLBEING THIS WEEK?

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HOW IT WILL MAKE ME FEEL:

WHO I CAN DO IT WITH:

WHAT DOES "IMPERFECT WELLNESS" MEAN TO ME?

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