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Gary LIGUORI



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My Self Care Journal Paige Cooper,2020-01-14 Self Care Wellness Journal 8.5X11 inches 100 prompted pages It is very common for women to nurture everyone else but themselves We can dedicate our energy and find time where there is none to help our kids friends bosses and family but we can never seem to find time for our own needs Everything else ranks higher The concept of self care is lost amid the needs of everyone and everything else that is constantly bombarding us with big things to worry about Would you like to take better care of yourself Is improving your mood and well being important to you Introducing a self care journal that has everything that you need to put yourself first so that you can be a better you for yourself and others Self care is any activity that we purposefully do in order to take care of our mental emotional and physical health Self care may be a simple concept in theory but it s something that is very often overlooked Good self care is

key to helping improve your mood and reduce anxiety It s also a key factor for developing and maintaining a good relationship with oneself and others This is the perfect self care journal to use to record your mental physical and emotional health It has a variety of tools and prompts that will allow you to address every aspect of self care to start you on the path to a better you This journal is a great tool to utilize every day and makes the perfect gift for anyone who is interested in taking better care of their mind body and soul Take a look at some of the great features and uses for this self care journal Perfectly Sized 8 5 x 11 Interior Details Various self care tools templates and charts Number of Pages 100 sturdy pages High quality paper that allows the perfect absorbency for pens gel pens and even markers Great size for purses and backpacks Perfect for gift giving If you are looking for an excellent self care journal that will be a superb tool for improving your mood and reducing stress and anxiety you ve come to the right place Self Care Journal Includes Level 10 Goals LIFE GOALS Self Care Checklist Monthly Mood Log Gratitude Tracker Workout Planner Grateful Heart Gratitude Log Sleep Log Self Care Goals Self Care Checklist Monthly Mood Log Makes A Great Gift Under 10 For Women Moms Teens Dads Parents Grandparents Birthday Christmas **Questions and Answers** Gary LIGUORI,2022

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