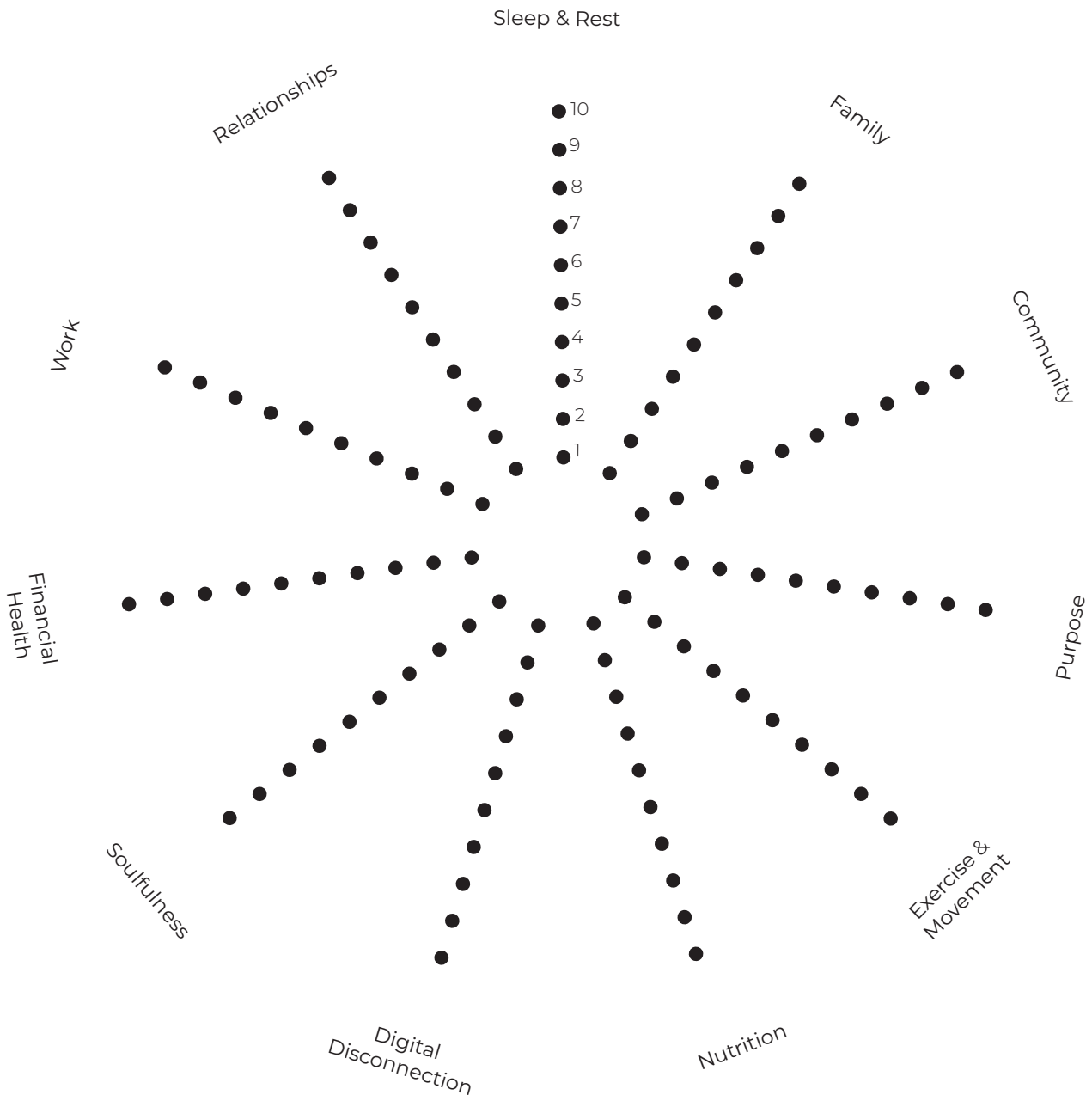




Circle of Self Care

How would you rate these areas of your life? The higher the number, the more connected you feel. Rate by connecting the dots to form a shape.



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Circle of Self Care

Take a moment to think about your ratings and areas you want to focus on improving.

Sleep and Rest

Family

Community

Purpose

Exercise and movement

Nutrition

Digital Disconnection

Soulfulness

Financial Health

Work

Relationships (romantic and non-romantic)



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