Self-Care Checklist

	MON	TUE	WED	THU	FRI	SAT	SUN
	♡	♡	♡	♡	♡	♡	♡
	♡	♡	♡	♡	♡	♡	♡
	♡	♡	♡	♡	♡	♡	♡
	♡	♡	♡	♡	♡	♡	♡
	♡	♡	♡	♡	♡	♡	♡
	♡	♡	♡	♡	♡	♡	♡
	♡	♡	♡	♡	♡	♡	♡
	♡	♡	♡	♡	♡	♡	♡
	♡	♡	♡	♡	♡	♡	♡
	♡	♡	♡	♡	♡	♡	♡
	♡	♡	♡	♡	♡	♡	♡
	♡	♡	♡	♡	♡	♡	♡
	♡	♡	♡	♡	♡	♡	♡
	♡	♡	♡	♡	♡	♡	♡