

Celebrate Self Care Bundle

ARTKIT-K1014-02331
Copyright © 2022, Lorie Starcher
All rights reserved

AlphaSets



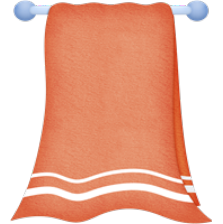
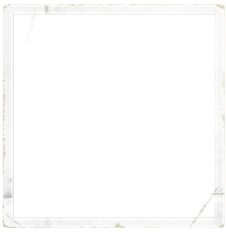
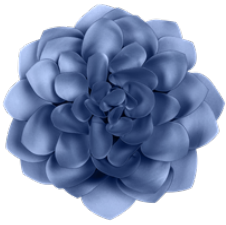
Papers





Embellishments







TYPES OF 5 SELF CARE

physical

emotional

intellectual

spiritual

social

TYPES OF 5 SELF CARE

physical

emotional

intellectual

spiritual

social

TYPES OF 5 SELF CARE

physical

emotional

intellectual

spiritual

social

SELF CARE CHECKLIST

Today I...

- ☐ WORKED OUT
- ☐ MET/TALKED TO A FRIEND
- ☐ READ SOMETHING
- ☐ COMPLIMENTED SOMEONE
- ☐ TOOK TIME OFF SOCIAL MEDIA
- ☐ TOOK TIME FOR MYSELF
- ☐ DRANK 2 LITERS OF WATER
- ☐ ATE MY VEGGIES AND FRUIT
- ☐ TOOK TIME FOR MYSELF
- ☐ SPENT TIME WITH MY FAMILY
- ☐ DID SOMETHING FUN
- ☐ GOT ENOUGH SLEEP

SELF CARE CHECKLIST

Today I...

- ☐ WORKED OUT
- ☐ MET/TALKED TO A FRIEND
- ☐ READ SOMETHING
- ☐ COMPLIMENTED SOMEONE
- ☐ TOOK TIME OFF SOCIAL MEDIA
- ☐ TOOK TIME FOR MYSELF
- ☐ DRANK 2 LITERS OF WATER
- ☐ ATE MY VEGGIES AND FRUIT
- ☐ TOOK TIME FOR MYSELF
- ☐ SPENT TIME WITH MY FAMILY
- ☐ DID SOMETHING FUN
- ☐ GOT ENOUGH SLEEP

SELF CARE CHECKLIST

Today I...

- ☐ WORKED OUT
- ☐ MET/TALKED TO A FRIEND
- ☐ READ SOMETHING
- ☐ COMPLIMENTED SOMEONE
- ☐ TOOK TIME OFF SOCIAL MEDIA
- ☐ TOOK TIME FOR MYSELF
- ☐ DRANK 2 LITERS OF WATER
- ☐ ATE MY VEGGIES AND FRUIT
- ☐ TOOK TIME FOR MYSELF
- ☐ SPENT TIME WITH MY FAMILY
- ☐ DID SOMETHING FUN
- ☐ GOT ENOUGH SLEEP

NOTE TO SELF:

I'm going to make you so proud!

NOTE TO SELF:

I'm going to make you so proud!

NOTE TO SELF:

I'm going to make you so proud!



Love yourself first, and everything else falls in line.

Love yourself first, and everything else falls in line.

Love yourself first, and everything else falls in line.



Self-care isn't always chocolate cake and trips to the spa. Sometimes, it's meal planning, going to bed early or letting go of a bad friend. It's forgiving yourself for not meeting your own impossible standards, and understanding that you are worthy. Always. Self-care isn't just luxuries, but a means for survival.

Self-care isn't always chocolate cake and trips to the spa. Sometimes, it's meal planning, going to bed early or letting go of a bad friend. It's forgiving yourself for not meeting your own impossible standards, and understanding that you are worthy. Always. Self-care isn't just luxuries, but a means for survival.

Self-care isn't always chocolate cake and trips to the spa. Sometimes, it's meal planning, going to bed early or letting go of a bad friend. It's forgiving yourself for not meeting your own impossible standards, and understanding that you are worthy. Always. Self-care isn't just luxuries, but a means for survival.

You can take no credit for beauty at sixteen. But if you are beautiful at sixty, it will be your soul's own doing.

You can take no credit for beauty at sixteen. But if you are beautiful at sixty, it will be your soul's own doing.

You can take no credit for beauty at sixteen. But if you are beautiful at sixty, it will be your soul's own doing.

NOTE TO SELF:

NOTE TO SELF:

NOTE TO SELF:

self care isn't SELFISH

self care isn't SELFISH

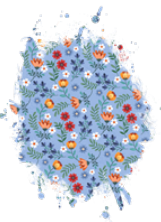
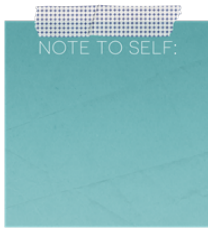
self care isn't SELFISH

EAT LIKE YOU LOVE YOURSELF.
MOVE LIKE YOU LOVE YOURSELF.
SPEAK LIKE YOU LOVE YOURSELF.
ACT LIKE YOU LOVE YOURSELF.

EAT LIKE YOU LOVE YOURSELF.
MOVE LIKE YOU LOVE YOURSELF.
SPEAK LIKE YOU LOVE YOURSELF.
ACT LIKE YOU LOVE YOURSELF.

EAT LIKE YOU LOVE YOURSELF.
MOVE LIKE YOU LOVE YOURSELF.
SPEAK LIKE YOU LOVE YOURSELF.
ACT LIKE YOU LOVE YOURSELF.





BE WHOEVER YOU WANT TO BE.

RESILIENT

WARRIOR

STRONG

CREATIVE

FOCUSED

INSPIRED

LOVE THE WAY YOU LOOK.

YOU ARE MORE THAN ENOUGH.

EVERY BODY IS BEAUTIFUL.

KNOW YOUR OWN WORTH.

BLESSED

PROTECT YOUR PEACE.

INVEST IN YOURSELF.

LOVE YOURSELF MORE.

YOU ALONE ARE ENOUGH.

GIVE YOURSELF A BREAK.

SOMETIMES THE MOST PRODUCTIVE THING YOU CAN DO IS TO RELAX.

TO FALL IN LOVE WITH YOURSELF IS THE FIRST SECRET TO HAPPINESS.

SELF CARE IS GIVING THE WORLD THE BEST OF YOU INSTEAD OF WHAT'S LEFT OF YOU.

ALMOST EVERYTHING WILL WORK AGAIN IF YOU UNPLUG IT. FOR A FEW MINUTES, INCLUDING YOU.

BE GENTLE WITH YOURSELF. YOU'RE DOING THE BEST YOU CAN.

TIME TO MYSELF

PEACE & QUIET



MY OWN APPROVAL IS ALL I NEED.

WILD SPIRIT. SOFT HEART. SWEET SOUL.

HOW RARE AND BEAUTIFUL YOU ARE.

DON'T LET YOUR MIND BULLY YOUR BODY.

IT'S NOT YOUR JOB TO BE EVERYTHING TO EVERYONE.

LOVING YOURSELF ISN'T VANITY, IT'S SANITY.

I HOPE YOU FEEL BEAUTIFUL TODAY.