

WEEK 1

THE POWER OF SELF-CARE GOD'S WAY



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"Loving yourself isn't vanity. It's sanity."
— Katrina Mayer

REMARKABLE SELF-CARE:

*The Art of Prioritizing YOU for
Greater Impact with Grace and Ease*

SELF-CARE DEFINED

Lesson 1

Remarkable Self-care to Me Means...

Self-care is never a selfish act—it is simply good
stewardship of the only gift
I have, the gift
I was put on earth to offer to others"

Parker Palmer