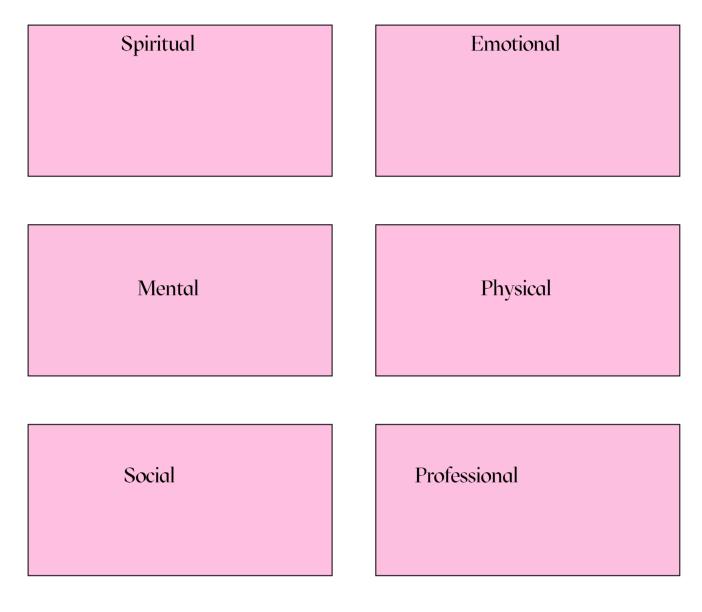
REMARKABLE SELF-CARE:

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

SEVEN TYPES OF SELF-CARE

Write the definition for each type of remarkable self-care

Lesson 4



Financial

REMARKABLE SELF-CARE: The Art of Prioritizing YOU for Greater Impact with Grace and Ease

YOUR REMARKABLE SELF-CARE PRACTICES

Lesson 4 List examples of your favorite remarkable self-care task for each type

