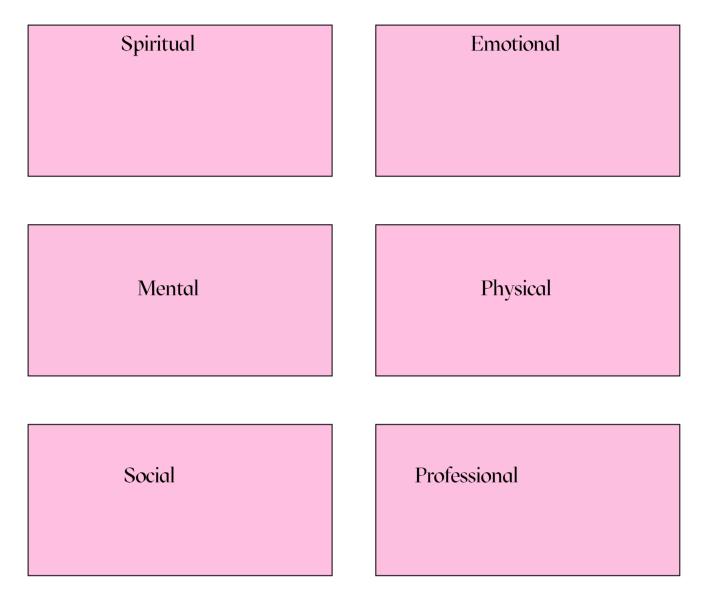
### REMARKABLE SELF-CARE:

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

