




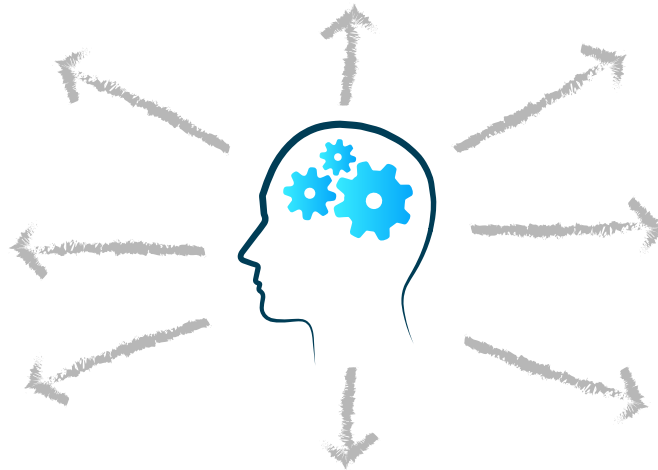
Self Care Plan

 I can exercise my body by...


 I can be a good friend by...

 People in my life who I trust...


 I can relax my body and mind by...



 I can keep myself clean and tidy by...

 Things that make my happy...

 My hopes and dreams...

 Healthy foods I can eat...
