

# My *Real* BANIS LIFE

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# Self Care Planner

## TOP PRIORITIES

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## SELF CARE ACTIVITIES

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- 


## NOTES/PLANS

# Self Care Intentions

	MENTAL HEALTH	<input checked="" type="checkbox"/>
1		
2		
3		
4		
5		
	PHYSICAL HEALTH	<input checked="" type="checkbox"/>
1		
2		
3		
4		
5		
	EMOTIONAL WELL BEING	<input checked="" type="checkbox"/>
1		
2		
3		
4		
5		
	SOCIAL ACTIVITIES	<input checked="" type="checkbox"/>
1		
2		
3		
4		
5		
	ENVIRONMENTAL	<input checked="" type="checkbox"/>
1		
2		
3		
4		
5		

# Daily Gratitude

[illegible]