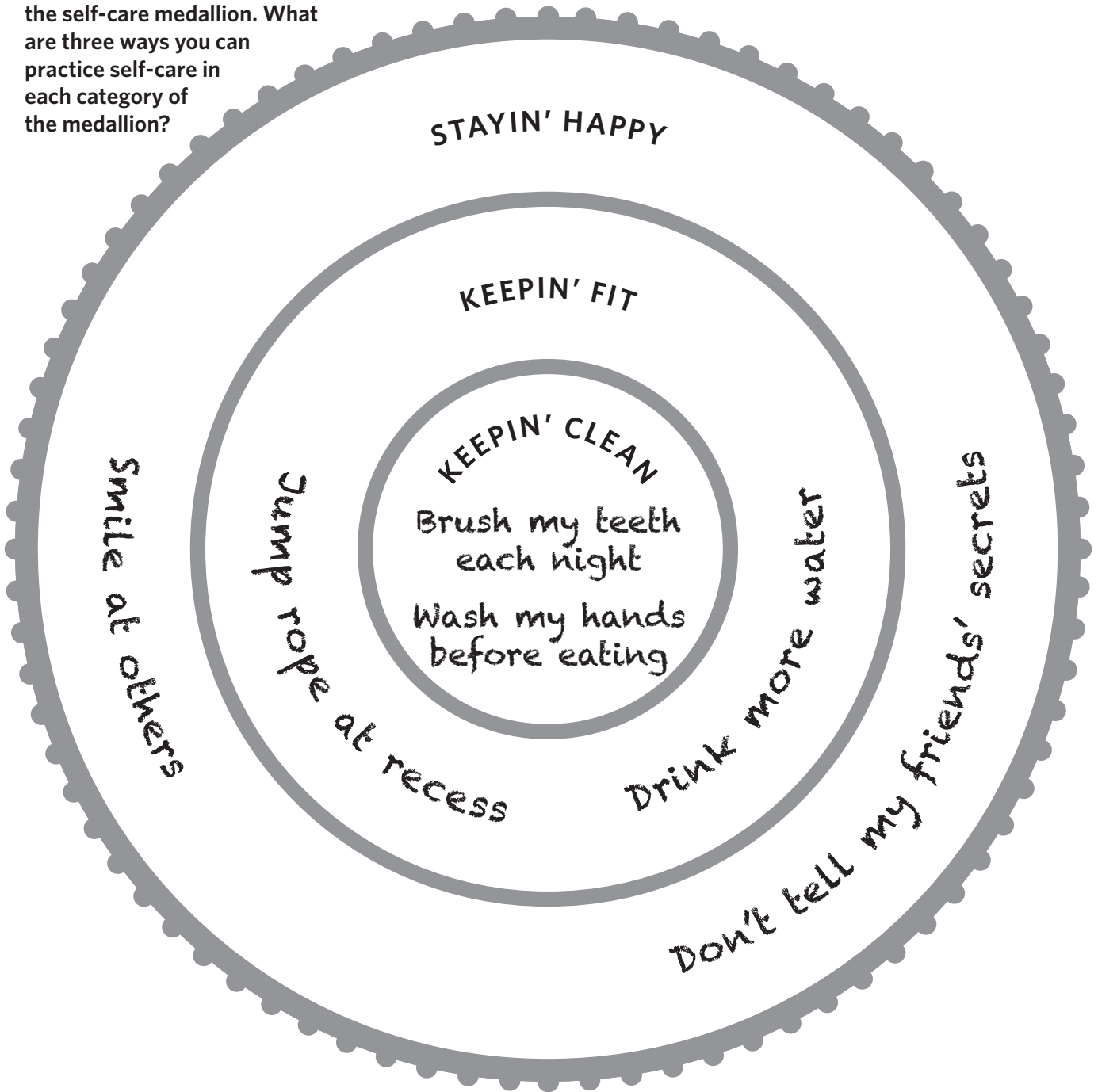


Self-Care Medallion

SAMPLE

NAME: _____

Think about the three circles in the self-care medallion. What are three ways you can practice self-care in each category of the medallion?

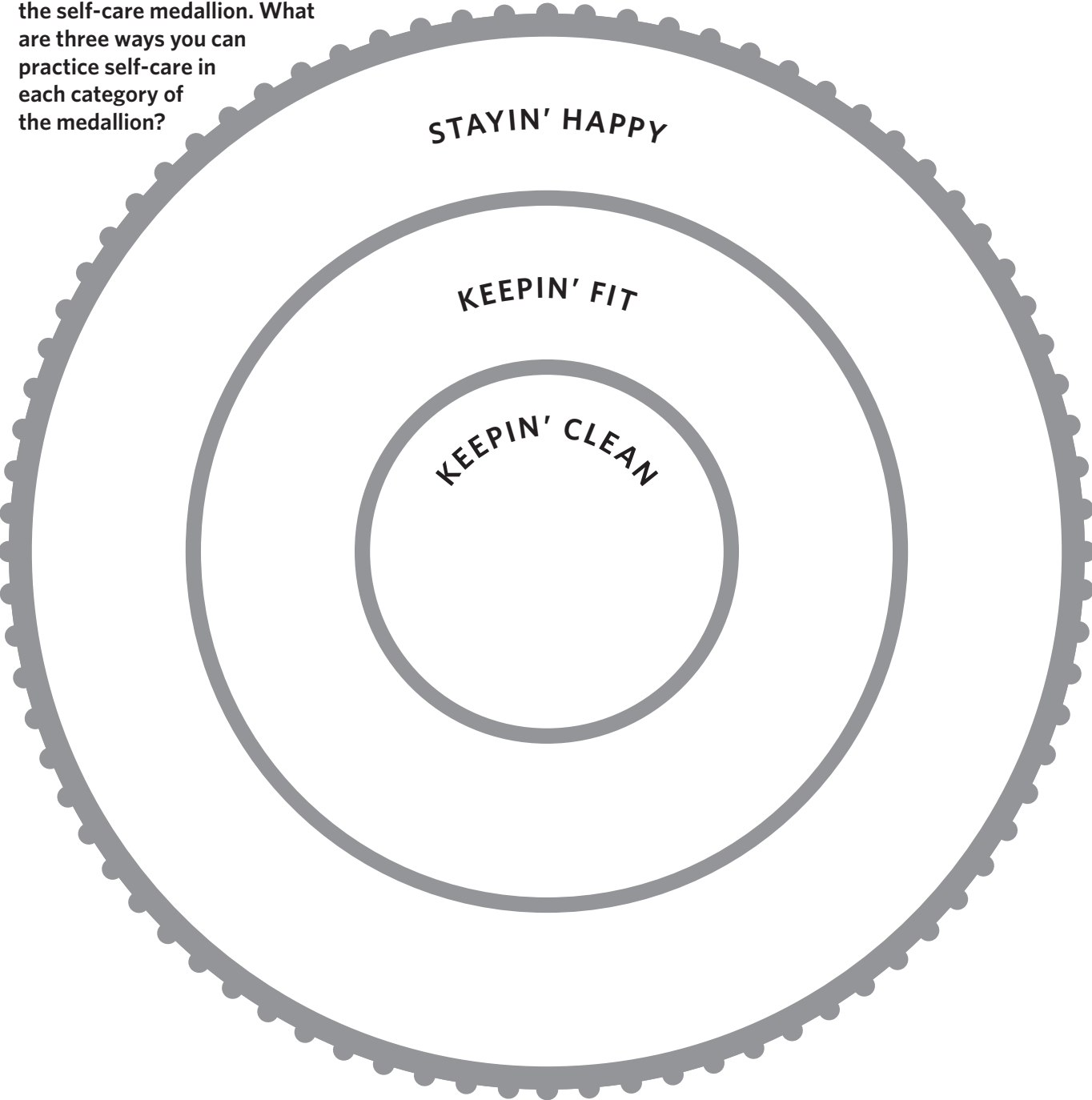


I WILL KNOW I AM PRACTICING SELF-CARE BECAUSE I WILL FEEL: _____

Self-Care Medallion

NAME: _____

Think about the three circles in the self-care medallion. What are three ways you can practice self-care in each category of the medallion?



I WILL KNOW I AM PRACTICING SELF-CARE BECAUSE I WILL FEEL: _____