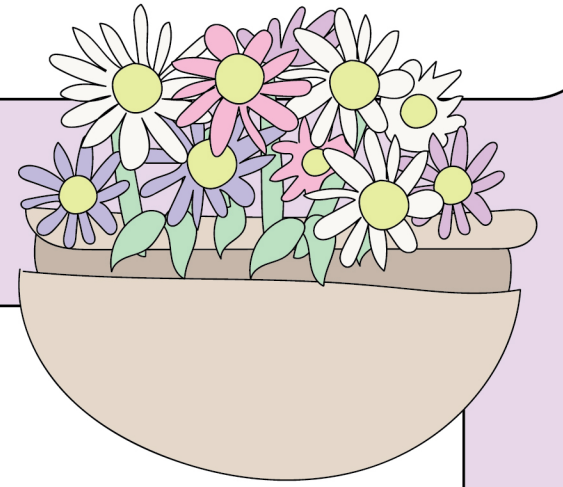




This or That!

Self-Care Edition!!



Daily Mood Tracker / Gratitude List

Hike in the Forest / Walk by a Stream

Stay up Late / Early Riser

Talk to a Friend / Write in a Journal

Meditation / Yoga

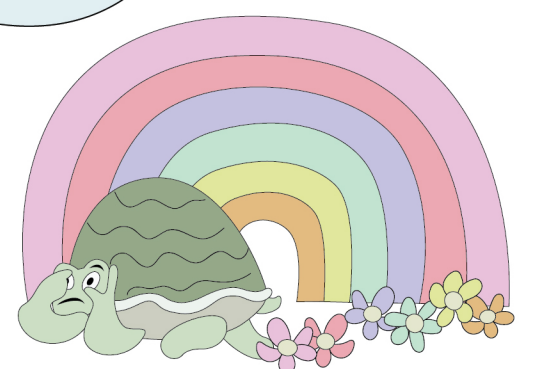
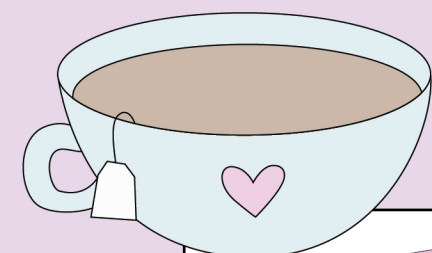
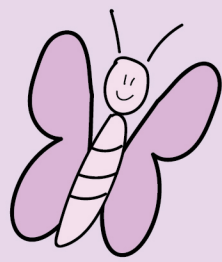
Scented Candles / Essential Oils

Spirituality / Personal Development

Vitamins / Skincare

Fruit / Veggies

Week-Long Retreat / Courses or Books



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