

In the following exercise, write down your favourite self-care activities that you can easily add to your day.

DAY	YOUR FAVOURITE SELF-CARE ACTIVITIES
MORNING	<ul style="list-style-type: none"><input type="text"/><input type="text"/><input type="text"/><input type="text"/><input type="text"/>
AFTERNOON	<ul style="list-style-type: none"><input type="text"/><input type="text"/><input type="text"/><input type="text"/><input type="text"/>
EVENING	<ul style="list-style-type: none"><input type="text"/><input type="text"/><input type="text"/><input type="text"/><input type="text"/>