

In the next 12 months, are there any new self-care activities you would like to try? Think of all the hobbies and interests you have yet to explore, and pen them down below.

YEAR IN REVIEW

Month: _____

Month: _____

Month: _____

Month: _____

Month: _____

Month: _____

Month: _____

Month: _____

Month: _____

Month: _____

Month: _____

Month: _____