

Daily Self Care

M / T / W / TH / F / SA / SU

- Drink 8 glasses of Water
- 5 minutes of deep nose breaths all the way into the belly - focus on being thankful for your lungs and visualize the oxygen reaching all parts of your body relaxing them.
- Name 3 things you saw that were beautiful, gifts from God.

1. _____

2. _____

3. _____

- Identify 1 need you have for the next day, and ask God to meet this need.

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