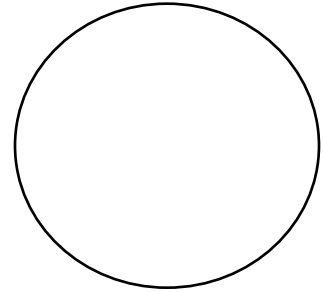
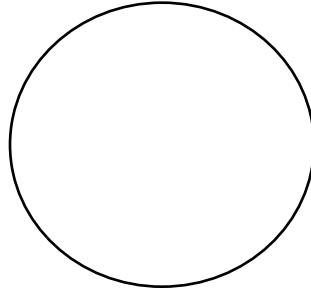
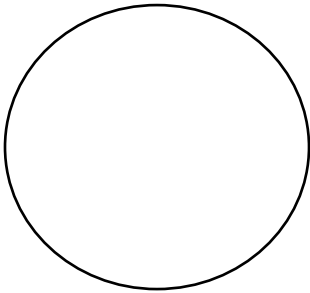


BEST PRACTICES TO LIVE YOUR BEST LIFE

Intentions

To live a happy & healthy life, I need...



My Self-Care Regimen

Regularly

Occasionally

- _____
- _____
- _____
- _____
- _____



In Case of Emergency

Notes/Thoughts/Ideas

A large rectangular area with a dotted grid pattern, intended for providing emergency contact information.A large, empty rectangular box intended for writing notes, thoughts, or ideas.