

My Self Care Plan

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

<i>Areas of Concern</i>	<i>Practice</i>	<i>Frequency</i>	<i>Purpose</i>	<i>Accountability</i>
Spiritual				
Physical				
Mental				
Emotional				