



YOUR PATH TO PEACE:
A SELF-CARE KIT FOR MIND, BODY, AND SOUL



ALYSSA PROIETTO
LLC

Your well-being deserves attention and care, and the Self-Care Kit is designed to help you cultivate a nurturing self-care routine.

Whether you're dealing with stress, burnout, or just need a moment to reset, this digital bundle includes essential tools to enhance mindfulness, reduce anxiety, and bring balance into your daily life.

Perfect for professionals, students, or anyone needing a simple, structured way to prioritize self-care.

WHAT'S INCLUDED

-  Self-care journal templates
-  Gratitude Prompts
-  Guided Meditation Scripts
-  Mindfulness Exercises
-  Printable affirmations
-  Digital self-care planners





CONTENTS



Self-Care Journal Templates

Description: A beautifully designed, printable journal that guides you through daily self-care reflections. Each page prompts you to identify what you're grateful for, how you're feeling, and what self-care practices you'll prioritize each day.

Features: Printable PDF, undated format for continuous use.



Gratitude Prompts

Description: A set of 50 gratitude prompts to help you cultivate a mindset of abundance and positivity. Reflect on small joys and create a habit of gratitude with these easy-to-follow daily prompts.

Features: Printable cards or digital document, available in calming pastel colors.



Guided Meditation Scripts

Description: Three calming guided meditations designed to help you relax, focus, and release tension. These scripts can be read aloud, recorded, or followed in quiet reflection.

Features: Scripts focus on relaxation, grounding, and visualization.





Mindfulness Exercises

Description: A collection of 10 mindfulness practices to help you stay present and grounded. Includes breathing exercises, mindful eating prompts, and sensory awareness activities.

Features: Digital PDF with easy-to-follow instructions for each exercise.



Printable Affirmations

Description: Uplifting affirmation cards designed to boost your confidence and support emotional well-being. Place them around your home, in your journal, or keep them on your phone for quick encouragement.

Features: Printable cards, includes 21 different affirmations, pastel watercolor designs.



Digital Self-Care Planner

Description: Organize your self-care routine with this easy-to-use planner. Plan out self-care activities for the week, track your habits, and set goals to support your mental and emotional well-being.

Features: Includes sections for self-care goals, mood tracking, and habit-building. Printable/digital planner.



Self-Care Journal Templates

Includes:

Thoughts & Feelings Awareness Log

Thought Record

Emotional Regulation Record

The Cycle of Emotional Regulation

Morning Journal

~ Motivational Quote ~

Daily Reflection





Thought Record

SITUATION

Describe a situation that caused distress today. What happened? What were you doing? Who were you with? When did it happen?

AUTOMATIC THOUGHT

What went through your mind? What did you say to yourself?
thoughts, images, memories

EMOTIONS & PHYSICAL RESPONSES

What did you feel? Rate the intensity on a scale from 0-100.

EVIDENCE FOR

What facts, experiences, or evidence supports your thought? What evidence is there for thinking your thoughts are true?

EVIDENCE AGAINST

What facts, experiences, or evidence contradict your thought? What evidence is there for thinking your thoughts are not true?

RESPONSE

After thinking more balanced thoughts, write an alternative to your automatic thought. How much do you believe this response? How did your emotions change?



Emotional Regulation

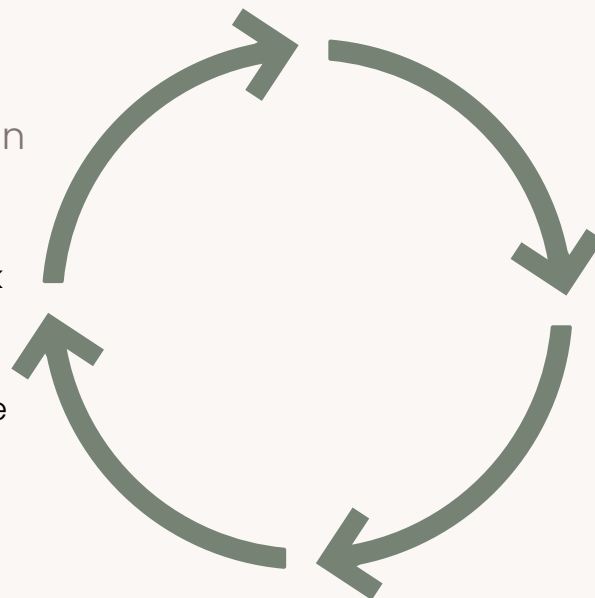
<p>EMOTIONAL TRIGGER What event triggered your emotions today? What happened? What were you doing? Who were you with? When did it happen?</p>	
<p>PRIMARY EMOTION What emotion(s) did you feel? How intense was it on a scale from 1-10?</p>	
<p>ACTION URGES What urges did you feel based on your emotion(s)? (avoidance, withdrawal, impulsivity...)</p>	
<p>MINDFULNESS OF EMOTION Were you able to observe and label the emotion without initially acting on it? If not, what did you do?</p>	
<p>OUTCOME What was the outcome of the situation? What could you do differently next time?</p>	



The Cycle of Emotional Regulation

Notice & Name the Emotion
Notice that you are experiencing an emotional reaction.
Then, name what the emotion is.

Allow & Release the Emotion
Allow your thoughts to come & go.
Release the urge to fight back with your emotions & release any judgement.
Take deep breaths, and let the sensation be.



Accept the Emotion
Accept that emotions are normal.
Do not judge the response.
Accept & validate that you are feeling the way that you are.

Be Curious About the Emotion
How does the emotion feel?
Where do you feel it in your body?
How is your breathing?
What else is coming up for you?

Morning Journal



What are three things you're looking forward to today?

1 _____

2 _____

3 _____

Write down one thing you love about yourself today.

What are you grateful for today?

Mood Tracker:

						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Don't forget to:

Breathe - 456: in for 4, hold for 5, out for 6

Drink Water 

Get Some Fresh Air

Enjoy Some Quiet Time



”

DO SOMETHING
TODAY THAT
YOUR FUTURE
SELF WILL THANK
YOU FOR.

*Our actions and decisions today will shape
the way we will be living in the future.*

”



Gratitude Prompts

Includes:

A PDF of 50 Gratitude Prompts

~ Motivational Quote ~

Gratitude Prompt Cards (9 pages)

Blank Gratitude Prompt Cards To Fill In!



Gratitude Prompts

1. What is one thing you're grateful for about your body today?
2. Name a moment this week that made you smile.
3. What is something in nature that you appreciate?
4. Reflect on a person who has positively impacted your life recently.
5. What is one skill or ability you're thankful you possess?
6. What small luxury are you grateful for today?
7. Name something about your home that makes you feel comfortable.
8. What's a simple pleasure you enjoyed today?
9. Think of a time when you felt supported by someone. Reflect on that moment.
10. What is a recent act of kindness you've witnessed or received?
11. What part of your daily routine are you grateful for?
12. Name something that made you laugh today.
13. Reflect on a memory that brings you peace.
14. What is one thing you love about where you live?
15. Who is someone you're thankful to have in your life right now?
16. What food or meal are you grateful for today?
17. What's something you love about your work or hobbies?
18. Name a tool or technology that makes your life easier.
19. What is a quality you admire in yourself?
20. Reflect on a challenge you've overcome and what it taught you.
21. What's one thing you're grateful for about your childhood?
22. What is your favorite thing about mornings?
23. Name something about today that went better than expected.
24. What's an aspect of your personality that you're thankful for?
25. Reflect on a recent accomplishment, no matter how small.

26. What's one book, song, or movie that has had a positive impact on you?
27. Name something you're grateful for that has no monetary value.
28. Think about a pet or animal that brings you joy.
29. What is something beautiful you saw today?
30. What's one thing you appreciate about your health?
31. Reflect on something new you've learned recently.
32. Name a place you're thankful to have visited or would like to visit.
33. What is a habit you're proud of maintaining?
34. What's something about yourself that you've grown to love?
35. Name a friend or family member who has supported you through difficult times.
36. What's one thing you're grateful for in your morning or evening routine?
37. Reflect on a compliment you've received that made you feel appreciated.
38. What is a form of art that you enjoy and are thankful for?
39. Name a comfort item that makes your life cozier.
40. What's one thing you're looking forward to?
41. Reflect on a place that feels like home to you.
42. Name something you're thankful for that you used to take for granted.
43. What's one thing that went right today?
44. What's a scent that brings you comfort or joy?
45. Reflect on a good decision you made this week.
46. What is something about your life that makes you feel lucky?
47. What's one lesson from a mistake that you're grateful for?
48. Name a simple joy you're experiencing right now.
49. What's a way you can express gratitude to someone in your life today?
50. Reflect on how far you've come and what you're grateful for in your personal growth.



*Gratitude turns what we have into
enough and more. It transforms
denial into acceptance, chaos into
order, and confusion into clarity. It
makes sense of our past, brings
peace for today, and creates a vision
for tomorrow.*

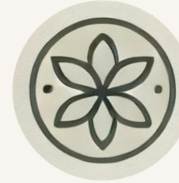


Gratitude Prompt Cards

9 Total Pages



What is one thing you're grateful for about your body today?



Name a moment this week that made you smile.



What is something in nature that you appreciate?



Reflect on a person who has positively impacted your life recently.



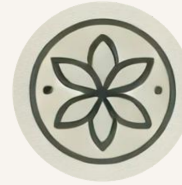
What is one skill or ability you're thankful you possess?



What small luxury are you grateful for today?



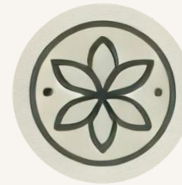
Name something about your home that makes you feel comfortable.



What's a simple pleasure you enjoyed today?



Think of a time when you felt supported by someone. Reflect on that moment.



What is a recent act of kindness you've witnessed or received?



What part of your daily routine are you grateful for?



Name something that made you laugh today.



Reflect on a memory that brings you peace.



What is one thing you love about where you live?



Who is someone you're thankful to have in your life right now?



What food or meal are you grateful for today?



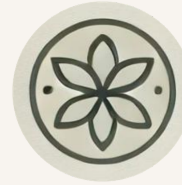
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Name a tool or technology that makes your life easier.



What is a quality
you admire in
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Reflect on a
challenge you've
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it taught you.



What's one thing
you're grateful for
about your childhood?



What is your favorite
thing about mornings?



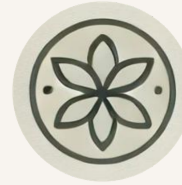
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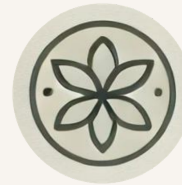
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Think about a pet or animal that brings you joy.



What is something beautiful you saw today?



What's one thing you appreciate about your health?



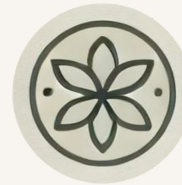
Reflect on something new you've learned recently.



Name a place you're thankful to have visited or would like to visit.



What is a habit you're proud of maintaining?



What's something about yourself that you've grown to love?



Name a friend or family member who has supported you through difficult times.



What's one thing you're grateful for in your morning or evening routine?



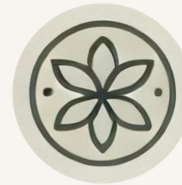
Reflect on a compliment you've received that made you feel appreciated.



What is a form of art that you enjoy and are thankful for?



Name a comfort item that makes your life cozier.



What's one thing you're looking forward to?



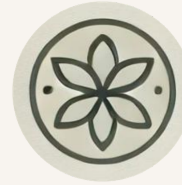
Reflect on a place that feels like home to you.



Name something you're thankful for that you used to take for granted.



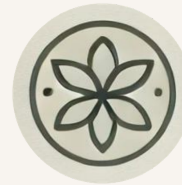
What's one thing that went right today?



What's a scent that brings you comfort or joy?



Reflect on a good decision you made this week.



What is something about your life that makes you feel lucky?



What's one lesson from a mistake that you're grateful for?



Name a simple joy you're experiencing right now.



What's a way you can express gratitude to someone in your life today?



Reflect on how far you've come and what you're grateful for in your personal growth.





Guided Meditation Scripts

Includes:

Three calming guided meditations designed to help you relax, focus, and release tension.

These scripts can be read aloud, recorded, or followed in quiet reflection.



Meditation is not about escaping the world, but about aligning with it. Through stillness, we discover clarity, and in the quiet, we unlock the strength to face each moment with presence and peace.



1. Breathing for Calm and Relaxation

Duration: 5-10 minutes

Take a moment to settle into a comfortable seated or lying position. Gently close your eyes and bring your awareness to your breath. Feel the cool air entering your nostrils and the warm air leaving as you exhale.

Begin by taking three slow, deep breaths. Inhale deeply, expanding your lungs fully... and exhale slowly, releasing any tension. Again, inhale deeply... and exhale fully. One more time, inhale... and exhale.

Now, allow your breath to return to its natural rhythm. Simply observe your breath, noticing how it flows in and out effortlessly. With each breath in, imagine yourself breathing in calm and peace. With each breath out, let go of any tension, stress, or worries.

Feel your body becoming heavier with each exhale, sinking deeper into relaxation. Notice how your shoulders soften, your jaw unclenches, and your muscles release their tightness.

If your mind wanders, gently bring your focus back to the sensation of your breath. No need to force anything. Just observe, be present, and allow your breath to guide you into a state of calm.

Take a few moments to rest here, breathing in peace... breathing out tension.

When you're ready to end the meditation, gently bring your awareness back to your body and the space around you. Wiggle your fingers and toes, and when you're ready, open your eyes, feeling refreshed and at ease.



2. Body Scan for Deep Relaxation

Duration: 10-15 minutes

Find a comfortable position lying down or seated. Close your eyes and take a deep breath in, then exhale slowly. Let your breath guide you into a state of relaxation.

Begin by bringing your awareness to your feet. Notice any sensations here, and on your next exhale, imagine releasing any tension from your feet. Feel your toes and soles soften and relax.

Move your awareness up to your legs. Feel the weight of your legs and any areas of tightness or discomfort. As you exhale, allow your legs to sink into relaxation, feeling heavy and at ease.

Now, bring your focus to your hips and lower back. Breathe into this area, noticing any tightness. With each exhale, release the tension, letting your hips soften and your lower back relax.

Shift your attention to your abdomen. Notice how it rises and falls with your breath. As you breathe out, let go of any tension or discomfort in your stomach, allowing this area to become soft and relaxed.

Next, focus on your chest. Feel your breath expanding your chest, and with each exhale, release any tightness. Imagine your chest opening and relaxing with each breath.

Bring your awareness to your shoulders. Notice if you're holding any tension here. With each exhale, feel your shoulders soften and drop away from your ears, becoming loose and relaxed.

Now, move your attention to your arms and hands. Feel their weight and any tension present. With your next exhale, allow your arms and hands to release any tightness, feeling heavy and relaxed.

Finally, bring your awareness to your face and head. Notice if you're clenching your jaw or furrowing your brow. As you exhale, release the tension from your face, letting your forehead soften and your jaw unclench.

Take a few more breaths, scanning your entire body and noticing how relaxed you feel. Enjoy this moment of deep peace and calm.

When you're ready, slowly begin to bring your awareness back to the room. Wiggle your fingers and toes, and when you feel ready, gently open your eyes, bringing a sense of calm with you as you move forward.

3. Visualization for Focus and Clarity

Duration: 10-12 minutes

Find a comfortable position, either seated or lying down, and gently close your eyes. Begin by taking three deep breaths. Inhale deeply, filling your lungs... and exhale fully, letting go of any tension. Repeat this two more times, allowing yourself to relax with each breath.

Now, bring your awareness to your mind. Notice any thoughts or distractions, but don't engage with them. Simply observe them and let them float away like clouds passing in the sky.

Visualize yourself in a peaceful, natural setting. It might be a calm beach, a quiet forest, or a beautiful mountain meadow. Imagine the details of this place: the sound of the breeze, the scent of the air, the warmth of the sun on your skin.

Take a few moments to fully immerse yourself in this scene. Notice the colors, textures, and feelings of peace this place brings you.

As you relax in this tranquil setting, bring your focus to a single point in your mind. This point represents clarity and focus. Imagine a gentle light glowing from this point, radiating warmth and guidance. With each breath, this light grows stronger, illuminating your thoughts and bringing clarity.

Feel this light spreading throughout your mind, clearing away any fog, stress, or distractions. With each inhale, you focus more deeply on this clarity. With each exhale, you release any tension or uncertainty.

Spend a few moments here, basking in the light of focus and clarity. Feel grounded, centered, and clear-minded.

When you're ready, begin to slowly bring your awareness back to your breath. Take a deep breath in, and as you exhale, know that you can carry this sense of clarity and focus with you throughout your day.

Gently wiggle your fingers and toes, and when you feel ready, open your eyes, refreshed and focused.



Mindfulness Exercises

Includes:

4-5-6 Breathing Exercise

Mindful Walking

5-4-3-2-1 Sensory Awareness

Mindful Eating

Box Breathing

Body Scan

Mindful Stretching

Gratitude Pause

Mindful Listening

Mindful Observation



4-5-6 Breathing Exercise

Sit comfortably and close your eyes.

Inhale through your nose for a count of 4

Hold your breath for a count of 5

Exhale through your mouth for a count of 6

Repeat this cycle 4-5 times.

This breathing technique helps calm the nervous system, reduce anxiety, and center your mind.



Mindful Walking

Find a quiet space to walk slowly.

As you walk, focus on the sensation of your feet touching the ground—how each foot lifts, moves, and lands.

Notice the feeling of your legs and body moving, and tune into your surroundings.

With each step, say to yourself, “I am here.”

This helps you stay fully present in the moment.



5-4-3-2-1

Sensory Awareness

5

things you can see

4

things you can touch

3

things you can hear

2

things you can smell

1

thing you can taste

Mindful Eating

Choose a small piece of food, such as a raisin or a piece of fruit.

Before eating, observe its texture, color, and smell.

Take a small bite and chew slowly, paying attention to the flavors and sensations in your mouth.

Notice the urge to swallow and the act of doing so.

Mindful eating helps you appreciate the process of nourishment and enjoy each moment of the meal.

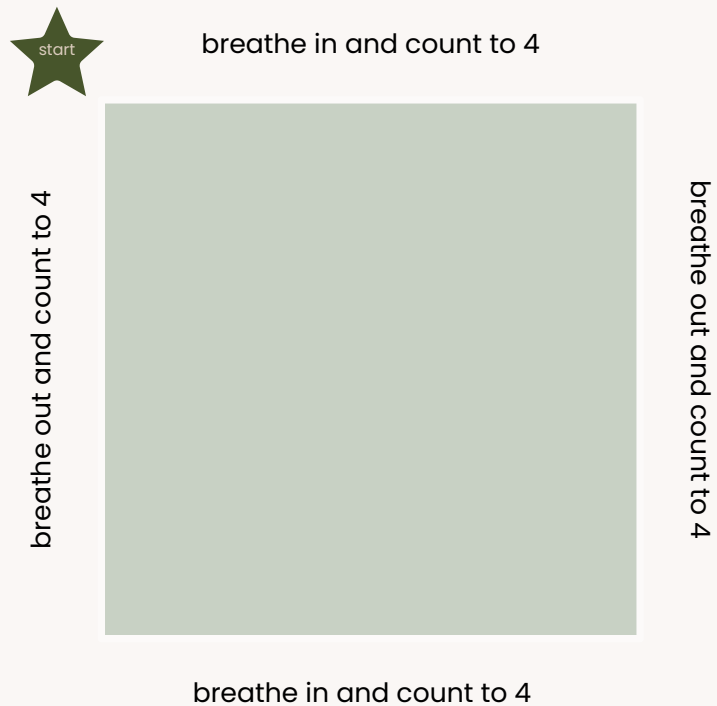


Box Breathing

Inhale for a count of 4, hold your breath for 4, exhale for 4, and hold your breath again for 4.

Visualize drawing a square with your breath, breathing in as you trace up one side, holding as you trace across, exhaling as you trace down, and holding as you trace across again.

This practice helps bring your focus to your breath, grounding you in the present.



Body Scan

Find a quiet space to lie down or sit comfortably.

Starting from your feet, slowly bring your awareness to each part of your body, moving upwards.

As you focus on each body part, notice any tension, sensation, or relaxation.

Imagine breathing into that area and releasing any tightness on the exhale.

How are you feeling emotionally?

What thoughts are running through your mind?

This practice helps you stay connected to your body and its sensations.



Mindful Stretching

Choose a few simple stretches — such as reaching your arms overhead, touching your toes, or gently twisting your torso.

As you stretch, pay close attention to the sensations in your muscles and joints.

Breathe deeply into each stretch.

As you exhale, feel your body releasing tension.

This practice helps you stay present and release physical stress.



Gratitude Pause

Take a moment during your day to pause and reflect on three things you're grateful for. They can be big or small, such as a kind word from a friend, the warmth of the sun, or a delicious meal.

As you acknowledge each one, breathe deeply and feel the sense of appreciation spread through you.

This mindfulness practice shifts your focus to the positive and helps cultivate presence.



Mindful Listening

Choose a sound around you, like the hum of a fan, birds singing, or the distant sound of traffic.

Close your eyes and focus entirely on that sound.

Notice its rhythm, pitch, and any changes.

If your mind wanders, gently bring it back to the sound.

This practice helps you develop deep concentration and stay grounded in the present.



Mindful Observation

Pick an object in your surroundings, like a plant, a cup, or a piece of furniture.

Spend 1-2 minutes observing it closely.

Notice its shape, color, texture, and any details you may not have seen before.

Engage with it fully as though you were seeing it for the first time.

This simple act of observation helps center your mind and encourages present-moment awareness.





Printable Affirmations

Includes:

21 positive affirmation cards to cut out



I am worthy of love
and respect.

I trust myself to
make the best
decisions.

I embrace my
strengths and accept
my weaknesses.

I am enough just as
I am.

I embrace my
strengths and accept
my weaknesses.

I am deserving of
happiness and joy.

I release what no longer serves me.

I am proud of who I am becoming.

I am capable of overcoming challenges.

I choose peace over worry.

I honor my body and listen to its needs.

I am grateful for the present moment.

I am a work in progress, and that's okay.

I am in control of my thoughts and emotions.

I choose to focus on what I can control.

I believe in my ability to succeed.

I forgive myself and others for past mistakes.

I am constantly growing and evolving.

I let go of fear and
embrace new
experiences.

I am worthy of
achieving my goals.

I am resilient, strong,
and brave.

I deserve time and
space to rest and
recharge.

I trust the timing of
my life.

I am grateful for the
opportunities in my
life.

I welcome love,
compassion, and
kindness into my life.

I can handle
whatever comes my
way.

I choose to release
stress and embrace
calm.

I radiate positivity
and attract the same
in return.

I am enough, just as I
am today.

I am the author of
my own story.

I deserve to prioritize
my well-being.

I believe in my
ability to navigate
life's changes.

I am allowed to say
no without guilt.

I give myself
permission to grow
at my own pace.

I am a source of
strength and
inspiration.

I am patient with
myself and my
progress.

I create balance in
my life.

I am worthy of deep
connections and
meaningful
relationships.

I am grateful for my
unique gifts and
talents.

I trust the process of
healing and growth.

I am open to
receiving all the good
life has to offer.

I allow myself to feel
and release emotions
without judgment.



Digital Self-Care Planner

Includes:

This planner includes space for setting self-care goals, tracking habits, monitoring mood, and reflecting on progress.

You can customize it to fit your needs, either digitally or by printing it for everyday use.

It's a great tool for building mindfulness, balance, and self-compassion into your life.



My Self-Care & Wellness Journey

Daily Goals, Mood Tracker & Habit Builder





Self - Care Focus for

_____ (month)

Top 3 Self-Care Goals:

1 _____

2 _____

3 _____

Action Steps for Each Goal: Example: For "More Rest" – Set bedtime by 10 pm, limit screen time before bed, use relaxation techniques.

1 _____

2 _____

3 _____



Week of _____

(dates)

Habits to Build:

- Drink 8 glass of water
- Meditate for 10 minutes
- Journal for 5 minutes
- Exercise for 30 minutes
- Sleep 7+ hours
- Limit social media
- Positive affirmations

Daily Habit Tracker

Habit	M	T	W	T	F	S	S
Drink Water							
Meditation							
Journaling							
Exercise							
Sleep Hours							
Social Media							
Affirmations							



Daily Self-Care

DATE ____ / ____ / ____

CHECKLIST

S M T W T F S

- MAKE YOUR BED
- TAKE A LONG BATH
- TAKE YOUR MEDICATIONS & VITAMINS
- DO A FACE MASK
- SKINCARE ROUTINE
- CALL A FRIEND OR FAMILY
- HEALTHY MEALS
- MEDITATE
- GO FOR A WALK
- WATCH A MOVIE
- CLEAN HOUSE
- CUDDLE A PET OR HUMAN
- WASH CLOTHES
- TRY A NEW RESTAURANT
- LISTEN TO MUSIC
- MAKE TIME TO READ
- TAKE A POWER NAP
- TRY A NEW RECIPE
- SOCIAL MEDIA BREAK
- NO PHONE 30 MINS BEFORE BED

WORKOUT

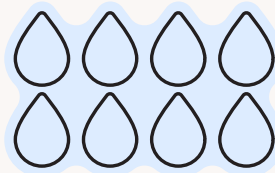
- CARDIO
- WEIGHT
- YOGA
- STRETCH
- REST DAY
- OTHER

HOURS OF SLEEP



THINGS THAT
MADE ME
HAPPY TODAY

WATER BALANCE (CUPS)



MOOD





Mood Tracking Log

Week of:

Day	Mood (Circle)	Notes/Reflection
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Weekly Reflection

What went well this week?

What challenges did I face?

How did I feel overall this week?

One thing I'm proud of this week:

Self-care goal for next week:



Mood Tracker

(month)

Day | Mood () | Notes/Reflection

- | | |
|-----|-----|
| 1. | 17. |
| 2. | 18. |
| 3. | 19. |
| 4. | 20. |
| 5. | 21. |
| 6. | 22. |
| 7. | 23. |
| 8. | 24. |
| 9. | 25. |
| 10. | 26. |
| 11. | 27. |
| 12. | 28. |
| 13. | 29. |
| 14. | 30. |
| 15. | 31. |
| 16. | |



My Self - Care Progress

Month	Goal Achieved	Mood Improvement	New Habits Formed
January	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
February	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
March	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
April	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
May	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
June	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
July	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
August	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
September	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
October	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
November	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
December	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>

Thank You

With the tools in this self-care kit, you can cultivate a deeper sense of peace, mindfulness, and emotional balance.

Whether you are just starting your self-care journey or looking to enhance your current routine, these clinically-designed resources will empower you to prioritize your well-being every day.

Remember, self-care isn't selfish—it's essential.

Take time to nurture yourself, because **you deserve it.**

Thank you for choosing the *Self-Care Kit: Nurture Your Well-Being* as part of your wellness journey.

I am honored to support you in creating moments of calm, reflection, and self-compassion.



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Effective Date: April 3, 2026

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