

## **An Observational Guide to Self Care**

The most well adjusted person I know

Who is objectively successful in all aspects of their life

Will spend

(when they feel like it)

The entire day in bed

Reading Harry Potter fan-fic

And eat a whole litre of Betty Crocker chocolate icing, with a spoon, out of the tub.

And not feel bad about it at all.

***Find your equivalent.***