

MY SELF-CARE PLAN

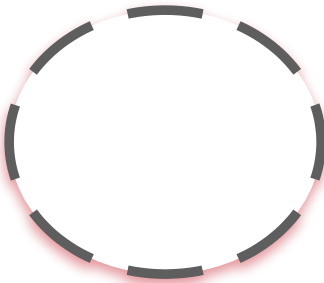
I CAN EXERCISE MY BODY
BY ...

I CAN BE A GOOD FRIEND BY ...

IMPORTANT PEOPLE
WHO I TRUST

I CAN RELAXT MY BODY AND MIND BY ...

THIS IS ME



I CAN RELEX MYSELF CLEAN AND TIDY BY ...

I CAN MAKE MYSELF
HAPPY BY ...

MY HOPE AND DREAMS ...

I CAN EAT HEALTY FOODS ...