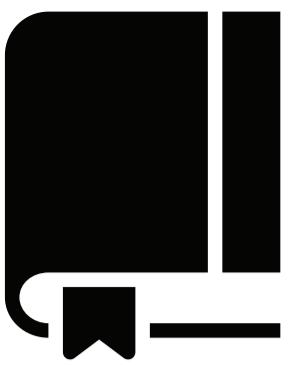


# SELF CARE

## Skill Tree: Color in the Boxes

Color in the boxes of anything you've already completed, visualize your skills and identify your skill gaps. Get inspired to try new things and tailor the skill tree to suit your own journey by swapping in your own goals.



ADVANCED

BASICS



START HERE

Name: \_\_\_\_\_

1 tile = 1 point

Total Score



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