

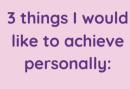
SELF-REFLECTION to improve my self-care

3 things I like about myself:	3 things I am good at:	3 things I do for my physical self-care:
3 things I do for my mental self-care:	1 way to improve my physical self-care:	1 way to improve my mental self-care.



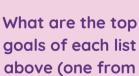
SELF-REFLECTION

Goal Setting



3 things I would like to achieve professionally:

3 things I would like to prioritize in my life:



each):

What are 3 daily habits you can do to support each of those 3 goals:

What is the time frame for achieving each goal: