SELF-CARE AGENDA \leftarrow

BODY CARE	s	м	т	w	т	F	S
WAKE UP ON TIME							
DO EXERCISE							

MIND/SOUL CARE	s	м	т	w	т	F	s
LEARN SOMETHING NEW							
PLAN YOUR DAY							

EMOTIONAL CARE	s	м	т	w	т	F	S
HANG OUT WITH FRIENDS							
SPEND TIME IN NATURE							