Initial Self Assessment

List all of the aspects of your life that are currently part of your self care routine.

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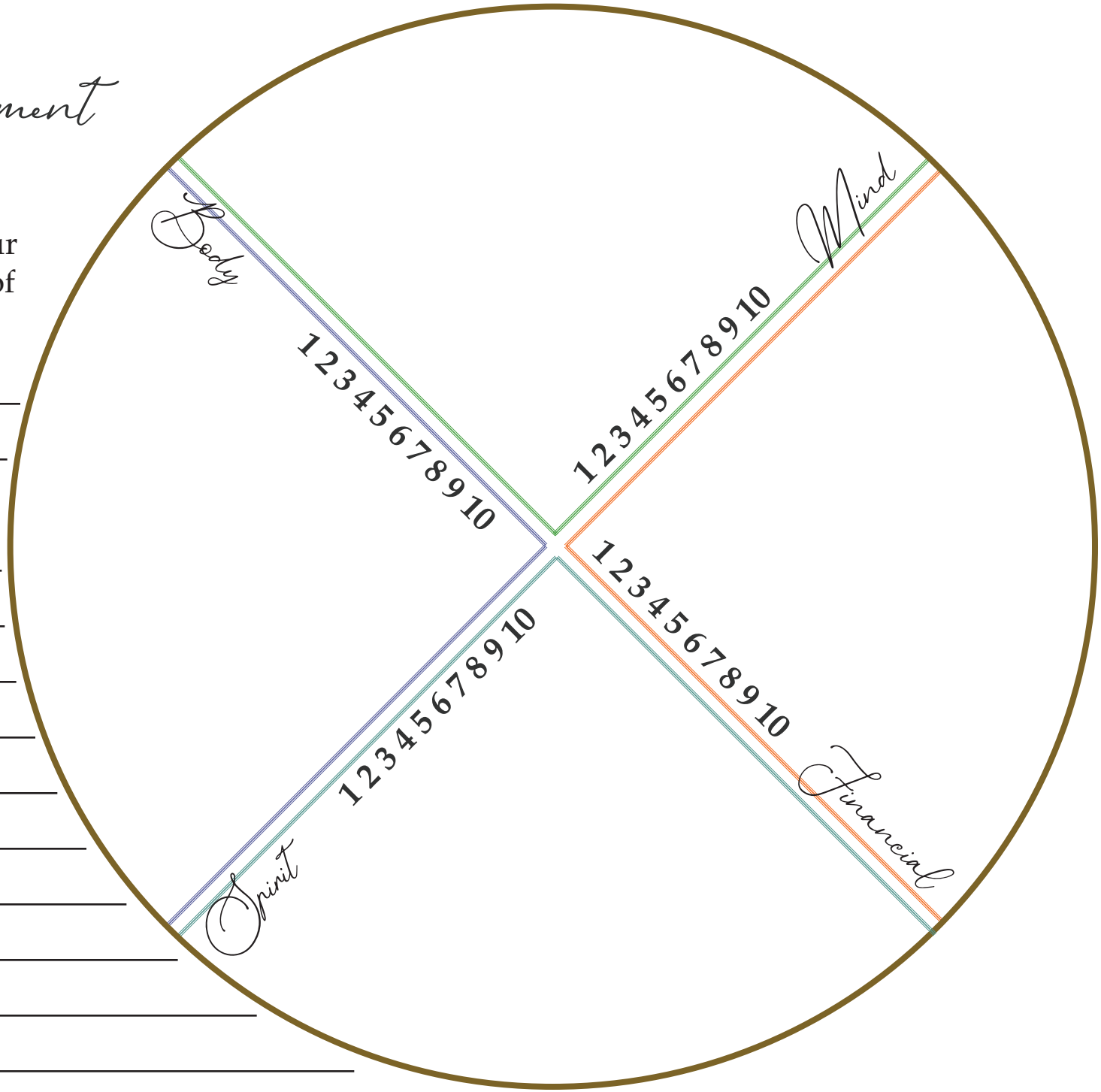
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