₭*₭₭₭₭₭₭₭₭₭₭*₭₭

My Self-Care Planning List

THINGS THAT MAKE ME SMILE/ LAUGH	THINGS THAT MAKE ME FEEL RELAXED	THINGS THAT HELP ME OBTAIN PEACE
FAVORITE HOBBIES/ PASTIMES	FAVORITE TV SHOWS/ MOVIES	FAVORITE PEOPLE OR PETS TO BE AROUND

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