

DIY Spa Projects

PROJECT

- 1.
- 2.
- 3.
- 4.
- 5.

GOAL



ACTION PLAN

- 1 STEP:
- 2 STEP:
- 3 STEP:
- 4 STEP:
- 5 STEP:
- 6 STEP:

NOTES



Relaxing Home Spa Projects

PROJECT

- 1.
- 2.
- 3.
- 4.
- 5.

GOAL



ACTION PLAN

- 1 STEP:
- 2 STEP:
- 3 STEP:
- 4 STEP:
- 5 STEP:
- 6 STEP:

NOTES



Happy & Healthy Holidays

GOALS

DATE

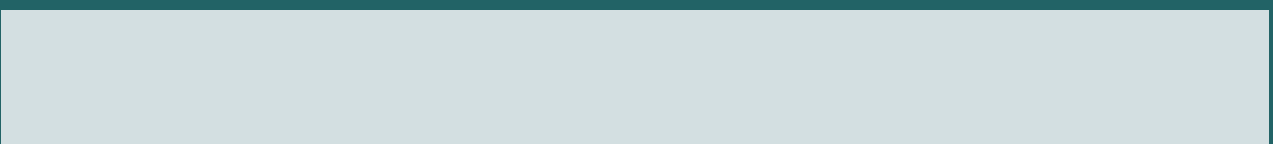
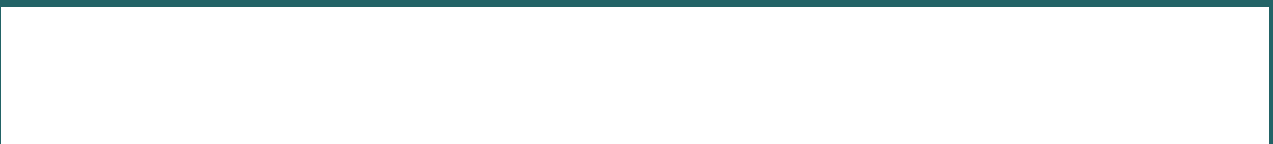
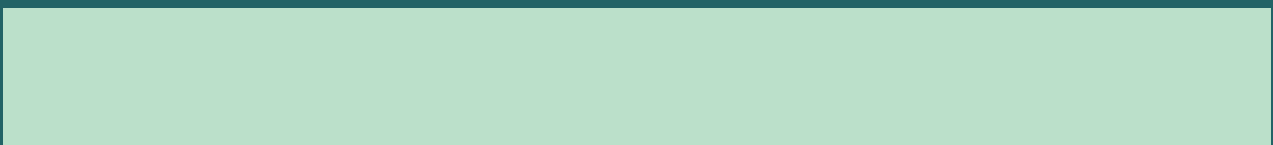
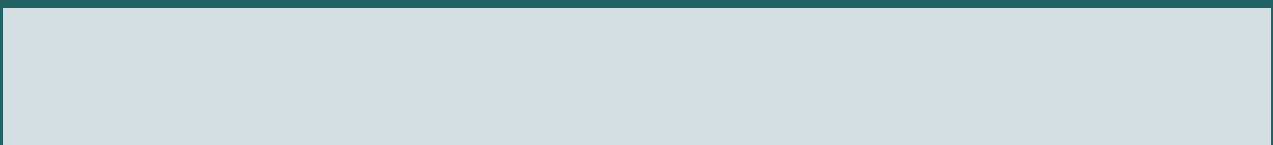
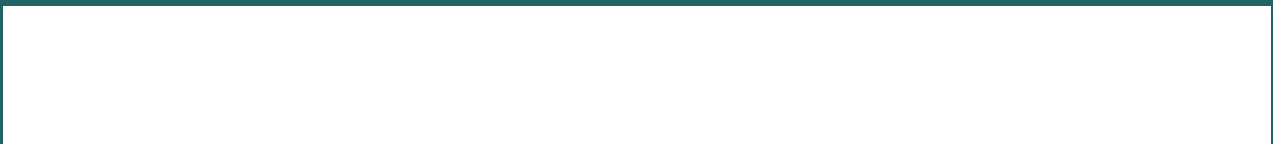
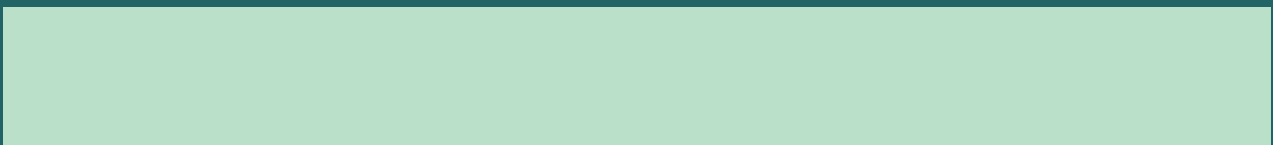
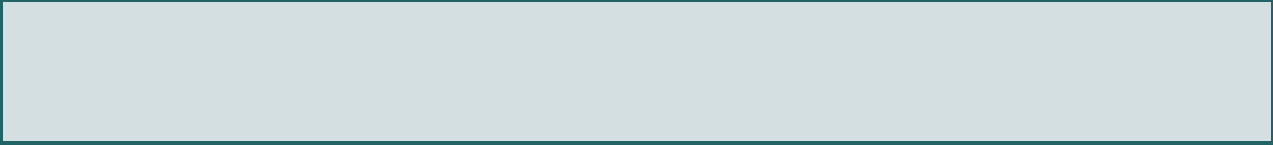
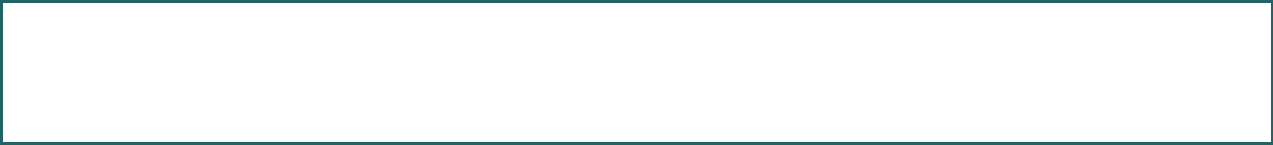
COMPLETED

GOALS	DATE	COMPLETED

FUTURE IDEAS

NOTES

a little bit of gratitude



My Natural Remedies Recipes

1.

2.

3.

4.

5.

6.

7.

8.



Seasonal Natural Remedies Checklist

SPRING

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SUMMER

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AUTUMN

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WINTER

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Self-Care Habit Tracker

week:

day: 1 2 3 4 5 6 7

HABIT

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30-Day Self-Care Challenge



Rest & Relax Plan

PLANNING

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GOAL

DONE

NOTES

notes