BOOK REVIEW



Book Title: Rating Author: **Book Details** Reading Status Genre: Page Length: Start Date: Publishing Year: Finish Date: Language: Recommended: Memorable Quotes Summary

READING LIST







AUTHOR	BOOK TITLE	LENGTH	RATING



SELF-CARE GOALS



EMOTIONAL

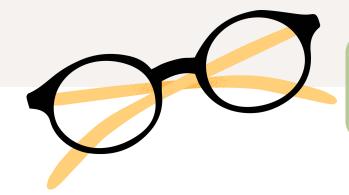
SPIRITUAL

INTELLECTUAL



SOCIAL

ENVIRONMENTAL

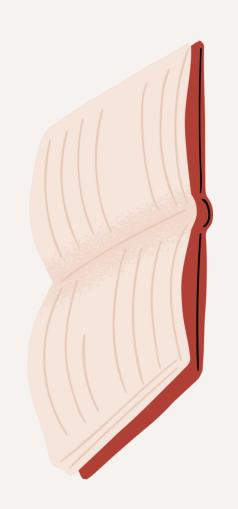


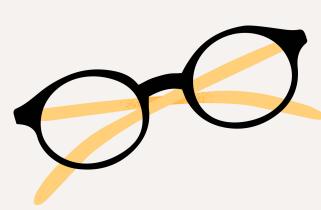
SELF-CARE NOTES



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BOKS FRIENDS









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GRATITUDE JOURNAL

DATE:	S M T W T F
	-English-
TODAY I'M GRATEFUL FOR	
VATER INTAKE	TODAY'S AFFIRMATION
1L 2L 3L WEATHER	
IOTES / REMINDERS	SOMETHING I'M PROUD OF
	TOMORROW I LOOK FORWARD TO