

lilomm



seasonal
self-care
guide.

Spring

~ spring is when life's alive in everything ~

In this season I want to feel:

In this season, my self-care will be (here write a bit about what is happening this season, what's happening in your life, your work, your family, your financials):

My daily practices will include:

and my monthly practices will include:

I am accepting and responding to this season by:

and my mantras will be:

Summer

~ every Summer has it's own story ~

In this season I want to feel:

In this season, my self-care will be (here write a bit about what is happening this season, what's happening in your life, your work, your family, your financials):

My daily practices will include:

and my monthly practices will include:

I am accepting and responding to this season by:

and my mantras will be:

Fall

~ Fall shows us how beautiful it can be to let things go ~

In this season I want to feel:

In this season, my self-care will be (here write a bit about what is happening this season, what's happening in your life, your work, your family, your financials):

My daily practices will include:

and my monthly practices will include:

I am accepting and responding to this season by:

and my mantras will be:

Winter

~ kindness is like snow, it beautifies everything it covers ~

In this season I want to feel:

In this season, my self-care will be (here write a bit about what is happening this season, what's happening in your life, your work, your family, your financials):

My daily practices will include:

and my monthly practices will include:

I am accepting and responding to this season by:

and my mantras will be: