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Self-Care Weekly Schedule

	Morning	Lunchtime	Afternoon	Evening	Daily Mantra
<i>Example</i>	<i>Meditation</i>	<i>Deep breathing</i>	<i>Java With Jimmy on Spark FM</i>	<i>Bath and Podcast</i>	<i>I am enough</i>
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					