

# April Journal Prompts

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1. List 5 things you do for self-care and how it helps
  2. What areas of self-care can you build upon
  3. What makes self-care difficult and how can you overcome this?
  4. Design a daily self-care routine that you will be able to stick to
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"Self-care is not selfish  
Self-care is essential to living a fulfilled life"

 Aberystwyth

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