

How can you be kinder to yourself today?	Date:
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How do you comfort yourself on tough days?	Date:
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Date:



How can you forgive yourself for past mistakes?	Date:
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That's a positive affirmation you can say	Date:
oday?	
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How can you celebrate a recent achievement?	Date:
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What makes you feel most at peace?	Date:
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How can you nurture your creativity today?	Date:
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That's a way to show yourself gratitude?	Date:
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How can you set boundaries for self-care?	Date:
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What's a favorite hobby that brings you joy?	Date:
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How can you practice mindfulness in your daily life?	Date:
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What's a gentle reminder you need to hear today?	Date:
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How can you be more patient with yourself?	Date:



What's one thing you're proud of accomplishing?	Date:
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How can you make time for relaxation today?	Date:
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How can you remind yourself that you're enough?	Date:
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What's a self-care ritual you can start today?	Date:
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How can you practice loving-kindness	Date:
meditation?	
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What's a positive habit you can develop?	Date:
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How can you acknowledge your feelings today?	Date:
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What's a way to pamper yourself this week?	Date:
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How can you be more gentle with yourself?	Date:



What's a small victory you can celebrate today?	Date:
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How can you create a peaceful morning routine?	Date:
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That's a comforting book or movie you love?	Date:
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How can you practice self-compassion in challenging times?	Date:
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What's a way to treat yourself with kindness?	Date:
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How can you show yourself appreciation each day?	Date:
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What's a personal strength you admire in yourself?	Date:
18/10/2020	



How can you take a break and unwind?	Date:
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What's a mantra that inspires self-love?	Date:
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How can you be more forgiving toward yourself?	Date:
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What's a way to prioritize your well-being today?	Date:
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How can you express gratitude for your body?	Date:
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What's a small joy you can embrace right now?	Date:
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How can you create a calming bedtime routine?	Date:
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What's a self-compassionate thought you can hold onto?	Date:
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How can you be more understanding of your own needs?	Date:
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What's a way to nurture your inner child?	Date:
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How can you embrace your unique qualities?	Date:
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What's a hobby that makes you feel alive?	Date:
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How can you practice self-compassion	Date:
during stress?	
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What's a way to celebrate your individuality?	Date:
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How can you show love to yourself in a busy day?	Date:
19/10/5/5	
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What's a relaxation technique that works for you?	Date:
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How can you let go of self-criticism today?	Date:
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What's a way to honor your personal growth?	Date:
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How can you be more accepting of your imperfections?	Date:
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What's a comforting phrase you can tell yourself?	Date:
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How can you create a space that feels safe?	Date:
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What's an act of kindness you can do for yourself?	Date:
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How can you listen to your body's needs today?	Date:
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What's a song that makes you feel good about yourself?	Date:
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How can you practice self-compassion in	Date:
your thoughts?	
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What's a way to de-stress and relax?	Date:
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How can you be more present in the moment?	Date:
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What's a self-care goal you can set for the week?	Date:
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How can you acknowledge your achievements today?	Date:
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How can you practice gratitude for your journey?	Date:
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What's a self-compassionate action you can take now?	Date:
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How can you be more patient with your progress?	Date:
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What's a way to show yourself kindness in failure?	Date:
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How can you nurture your emotional well-being today?	Date:



What's a favorite memory that brings you joy?	Date:
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How can you create a self-care plan for the month?	Date:
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How can you be more accepting of your emotions?	Date:
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What's a self-compassionate way to start your day?	Date:
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How can you show yourself gratitude for	Date:
small wins?	
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What's a way to practice self-love in your daily routine?	Date:
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How can you remind yourself of your worth	Date:
today?	
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What's a peaceful activity you can do this evening?	Date:
18/10/5/5/5/	



Date:



What's a self-care habit you want to incorporate?	Date:
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How can you make time for self-reflection today?	Date:
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What's a way to show yourself appreciation?	Date:
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How can you practice self-compassion while setting goals?	Date:
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What's a way to be kind to yourself in stress?	Date:
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How can you nurture your mental health today?	Date:
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Vhat's a self-care tip you can try this week?	Date:
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How can you honor your needs and desires?	Date:
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What's a self-compassionate way to end your day?	Date:
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What's a way to celebrate your unique journey?	Date:
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How can you express self-love through creativity?	Date:
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What's a comforting routine you can establish?	Date:
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How can you show yourself kindness in uncertainty?	Date:
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What's a way to appreciate your own resilience?	Date:
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How can you practice self-compassion in your relationships?	Date:
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What's a way to honor your personal boundaries?	Date:
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How can you be more forgiving of your past?	Date:
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What's a way to show yourself love every day?	Date:
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How can you nurture your soul today?	Date:	
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What's a positive change you can make for yourself?	Date:
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How can you practice self-compassion	Date:
through meditation?	
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What's a way to bring more joy into your life?	Date:
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