

# My Self-Care Manifesto

I believe in me, therefore I \_\_\_\_\_.

I believe I am \_\_\_\_\_, therefore I \_\_\_\_\_.

I believe I am \_\_\_\_\_, therefore I \_\_\_\_\_.

I believe \_\_\_\_\_, therefore I \_\_\_\_\_.

I believe \_\_\_\_\_, therefore I \_\_\_\_\_.