

CREATE PRINTABLES

A "Daily Self-Care" printable form. At the top, it says "Daily Self-Care" in a cursive font, followed by a "DATE" field. Below this is a section titled "SELF-CARE ACTIVITIES" with three horizontal lines for writing. The form is divided into two columns. The left column has a header "THINGS I'M GRATEFUL FOR" and two horizontal lines. The right column has a header "PEOPLE I'M GRATEFUL FOR" and two horizontal lines. Below these are two larger boxes, one labeled "POSITIVE AFFIRMATIONS" and the other "WHAT I'M EXCITED ABOUT". At the bottom, there is a section titled "NOTES & ACCOMPLISHMENTS" with three horizontal lines. A large red arrow points from the right side of the image towards the "SELF-CARE ACTIVITIES" section.

THAT WILL SELL