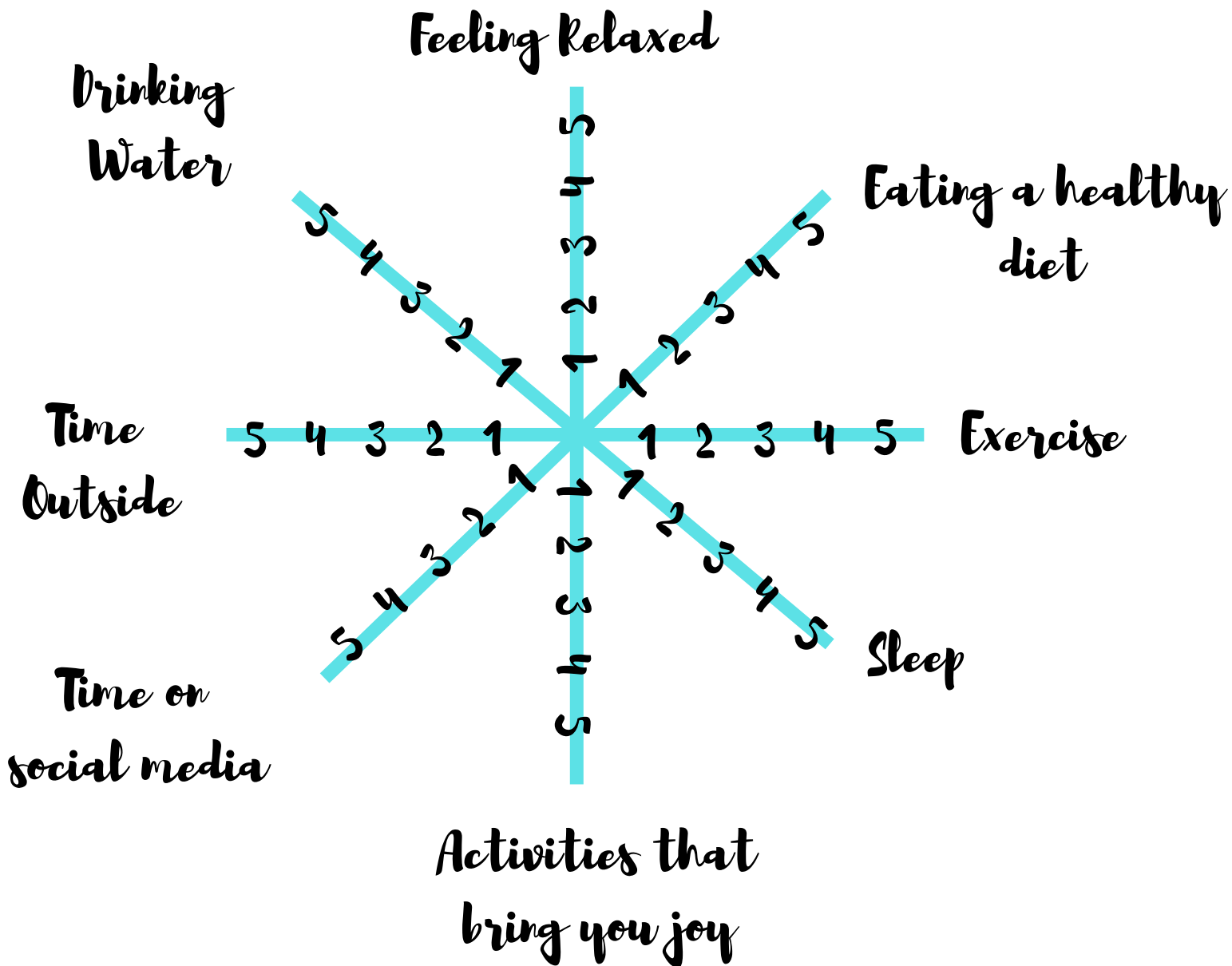


# Self Care star Diagram

Complete the star diagram - 1 is the lowest, 5 is the highest.



## Goals

From looking at the star diagrams set yourself 3 Goals in order to have good self care.

- 1.
- 2.
- 3.