

## Weekly Challenge – Week 2 (9/8/23)

Reflect on the 5 senses of self-care. What does self-care...

- Look like for you? \_\_\_\_\_
- Feel like? \_\_\_\_\_
- Sound like? \_\_\_\_\_
- Taste like? \_\_\_\_\_
- Smell like? \_\_\_\_\_

Take 2 of those senses of self-care and build a goal out from there. Also think about where you can start today with that goal.

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*Before next week, check in with your accountability buddy!*