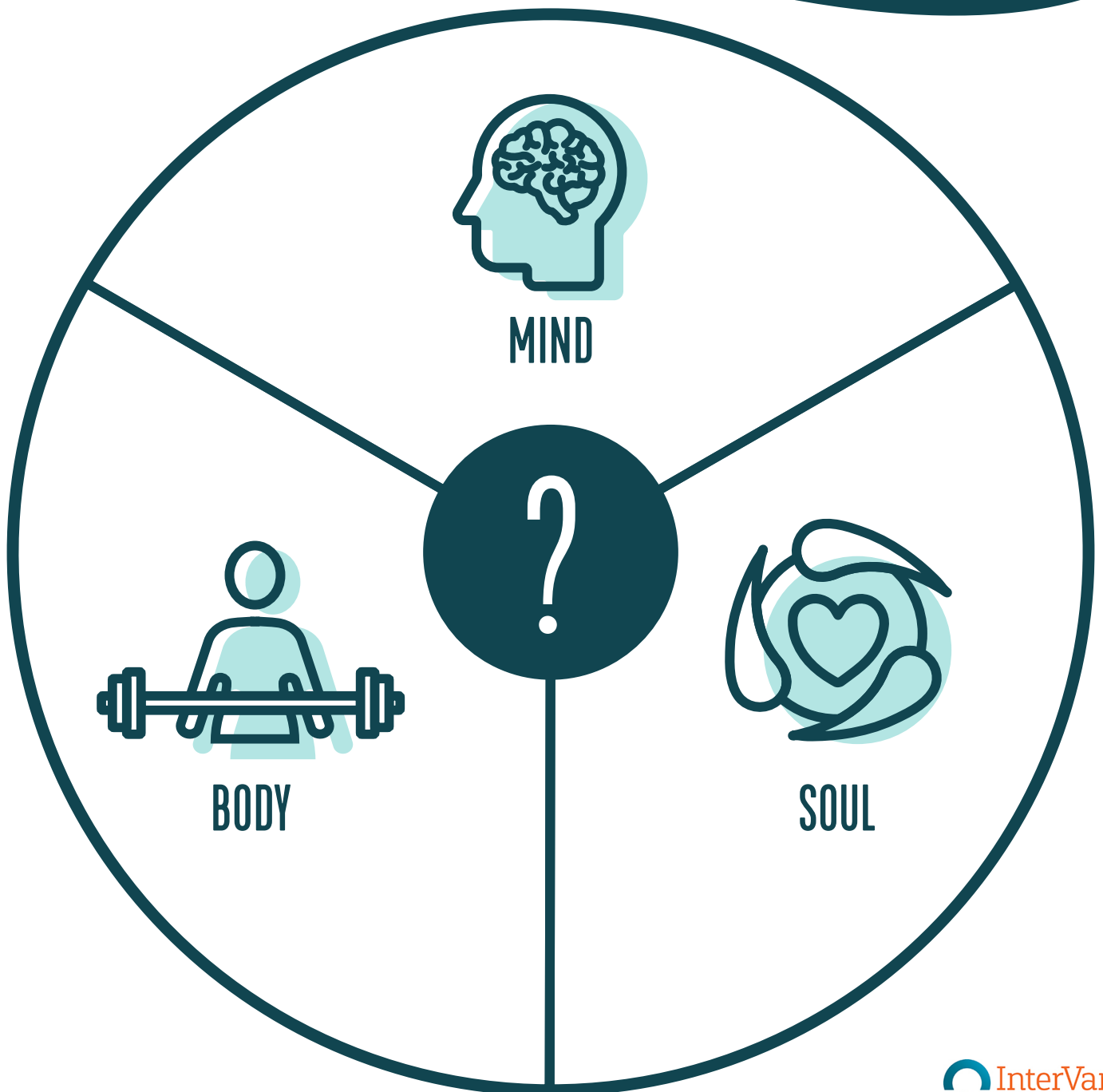




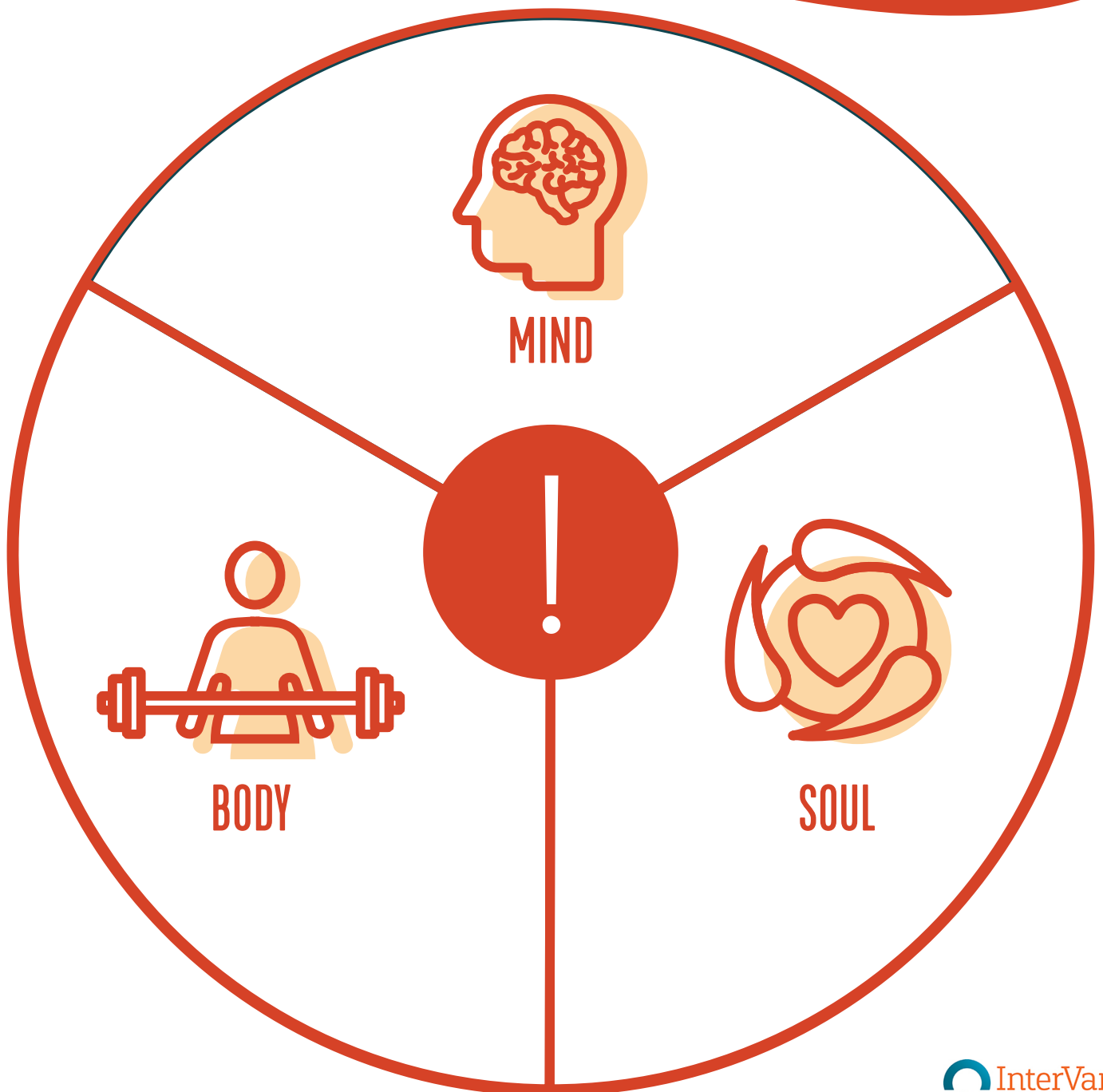
SELF CARE CHECKUP



WHAT PIECE OF SELF-CARE HAVE YOU PRIORITIZED?



WHAT PIECE OF SELF-CARE HAVE YOU IGNORED?



“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

MATTHEW 11:28-30 (NASB)

WHAT DOES GOD THINK ABOUT SELF-CARE?

