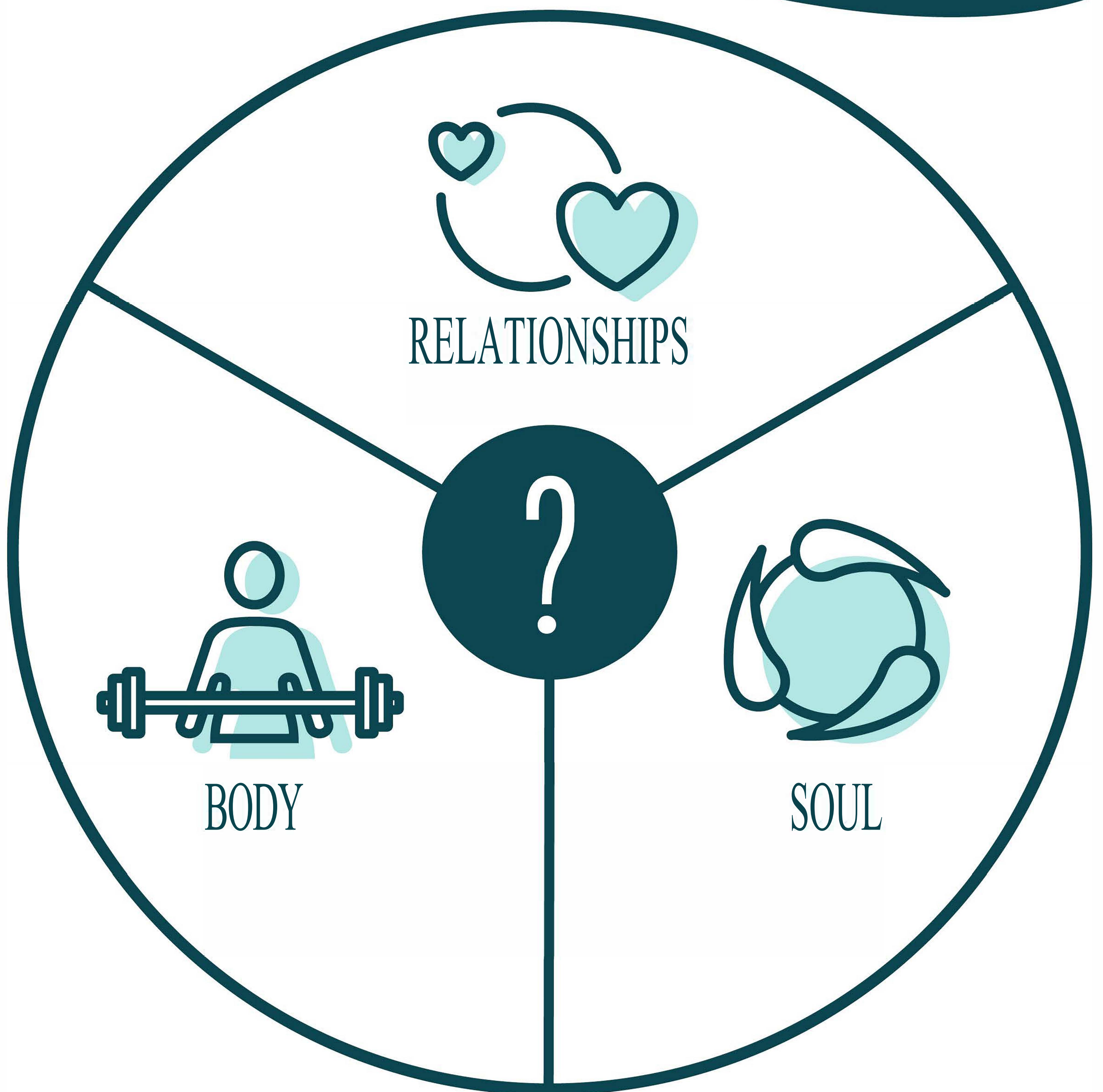


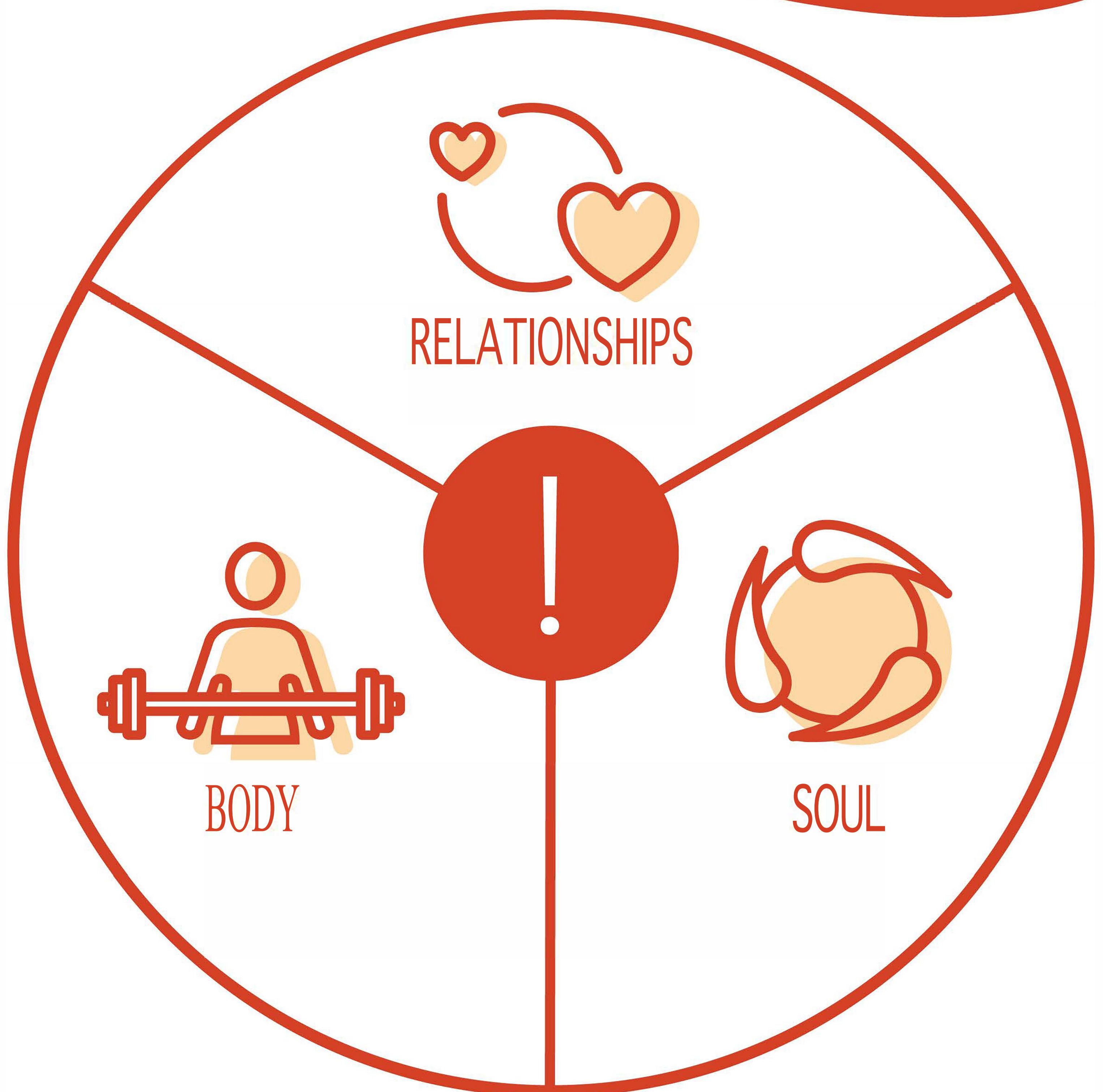
SELF-CARE CHECKUP



WHAT PART OF SELF-CARE HAVE YOU PRIORITIZED?



WHAT PART OF SELF-CARE HAVE YOU STRUGGLED WITH?



MATTHEW 11:28-30

“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.” – Jesus



WHAT IS GOD'S VISION FOR SELF-CARE?

