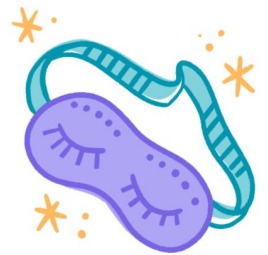




Self-Care Spring Checklist

 ADJUST SLEEP ROUTINE



 UPDATE SKINCARE PRODUCTS

 PLAN DIGITAL DETOX DAYS

 MORE WATER AND HOT TEA



 BOOK SALON APPOINTMENT

 CLEAN OUT WARDROBE

 UPDATE PLANNER/CALENDAR



 GET NEW SPRING SCENTS