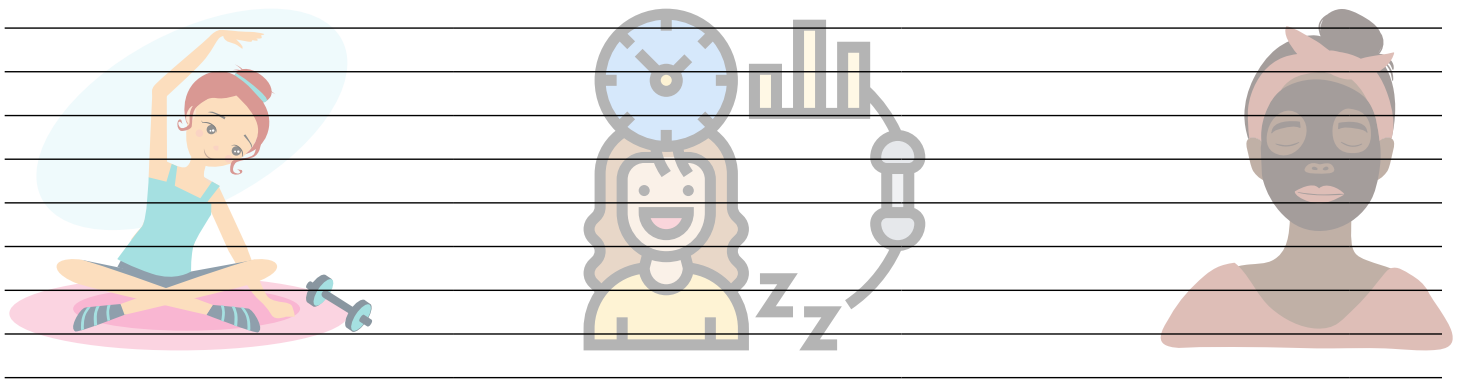


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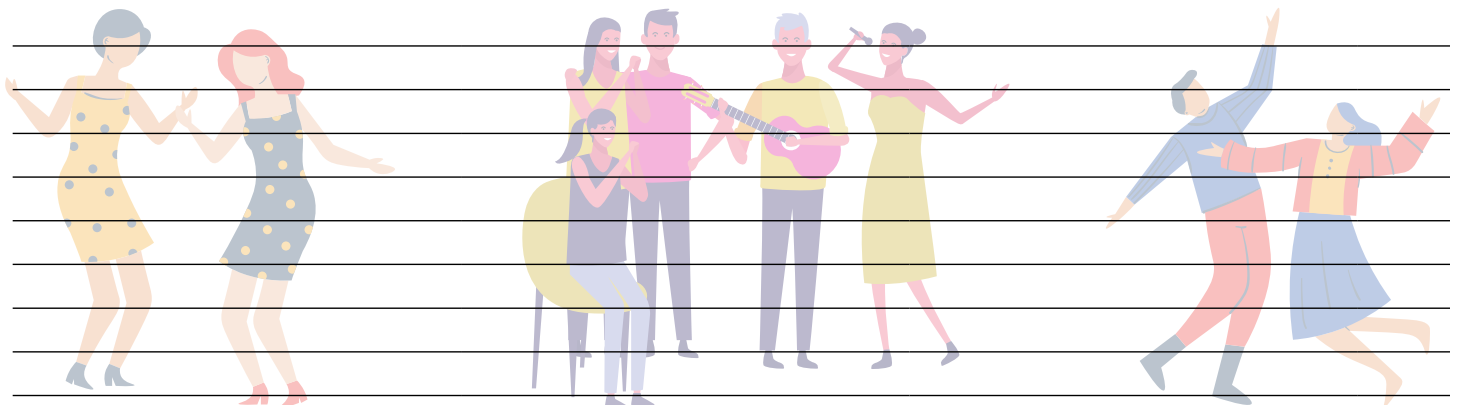
## Self-Care Assessment Form

### SELF-CARE REVIEW

What is your current Daily self-care routine?



How do you like to have fun? Do you have a specific time scheduled for fun?  
How often are you having fun?



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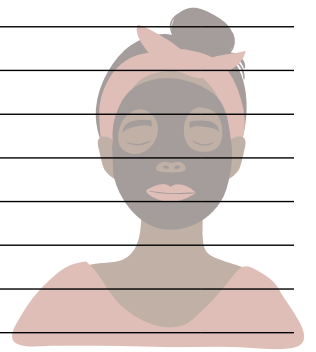
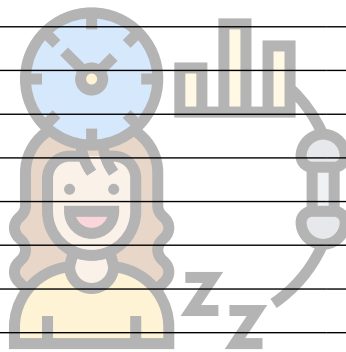
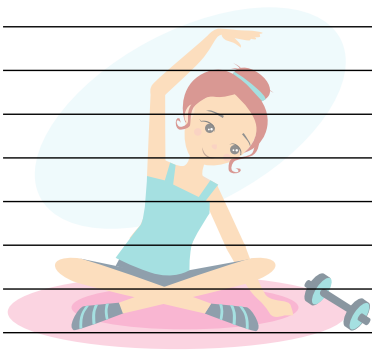
[\(808\) 990-7685](tel:8089907685)

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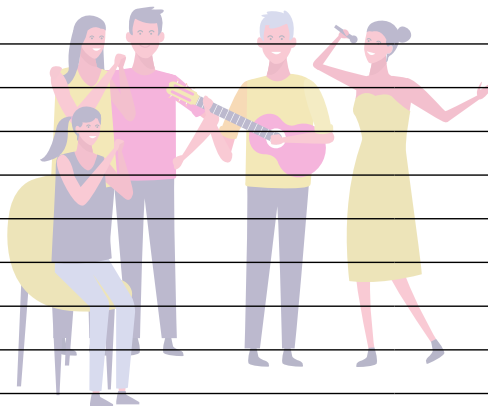
[soullutionsbyarliss@gmail.com](mailto:soullutionsbyarliss@gmail.com)

# Soullutions Self-Care Review Form

Are you open to learning new self-care practices and discovering how self-care supports you as an entrepreneur?



How committed are you to loving and caring for yourself?



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