

IT'S ALL ABOUT SELF CARE

**AN EMPTY LANTERN PROVIDES NO LIGHT.
SELF CARE IS THE FUEL THAT ALLOWS YOU TO
SHINE BRIGHTLY.**

JOURNAL THIS:

What is your go to for self care? Do you remember to make time for self care on a regular basis? Is this something you need more of in your life right now?

Give yourself permission to pause.

Wellness on the Farm