

ONE MONTH OF SELF-CARE

SELF-CARE IS NOT SELFISH - SELF-CARE IS SELF RESPECT

NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

NOTES

AWARENESS • BALANCE • CONNECTION



Accidental
Counsellor ®