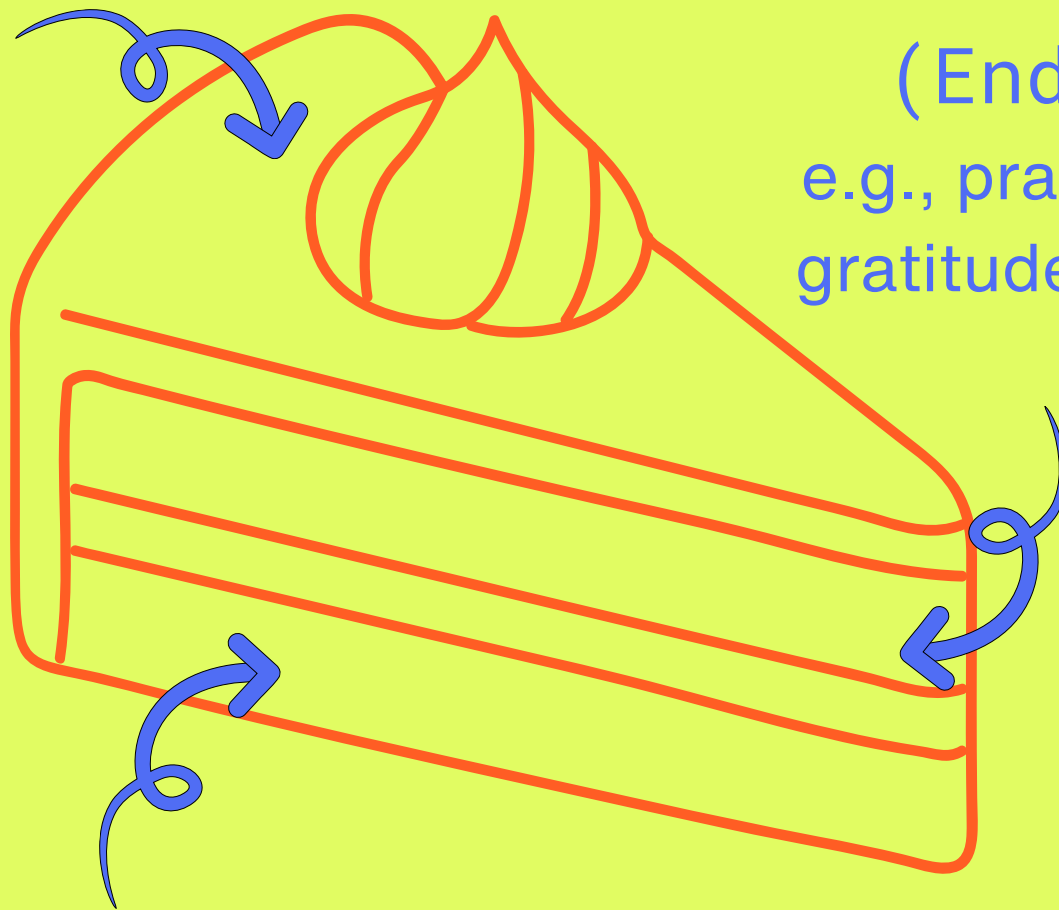# Design Your Self-Care Cake

Outer Work (Temporal)
e.g., weekly bath

Inner Work (Enduring)
e.g., practicing daily gratitude before bed

Core Values
e.g., curiosity, humor

JOSIE