

actuallyican.net

S

M

T

W

T

F

S

CANDLE &
A
PLAYLIST

CREATE A
MORNING
MANTRA

TRY A
NEW
RECIPE

START A
NEW
BOOK

GO ON
A WALK

BUY
YOURSELF
FLOWERS

TAKE
YOURSELF
ON A DATE

SELF CARE
work on you, for you

Actually,
ICAN

SELF CARE ——— MENTAL HEALTH