

INTRODUCTION TO SELF-LOVE ACTION

1. HOW DID I FEEL PHYSICALLY / MENTALLY / EMOTIONALLY BEFORE ATTEMPTING THE SELF CARE ACTION?

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2. WHAT SENSATION(S) DID YOU EXPERIENCE WHILST PERFORMING THE SELF CARE ACTION? WAS IT EASY/HARD?

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3. HOW WERE YOUR MOTIVATION LEVELS BEFORE, DURING AND AFTER THE ACTIVITY?

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4. HOW DID YOU FEEL AFTER COMPLETING THE SELF CARE ACTION? WHAT DID YOU GAIN FROM THE ACTIVITY?

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