



# B.E.A.U.T.Y W.I.N.S SELF-CARE TRACKER

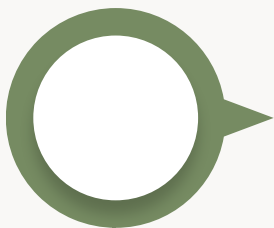

Date: \_\_\_\_\_



Days 1-5

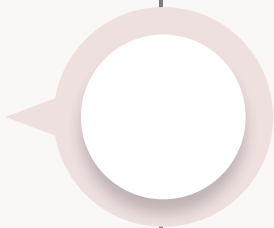
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## Challenge for 10 Days



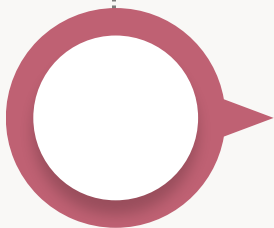
### Day 1

Listen to your inner voice and write down what you believe about yourself.



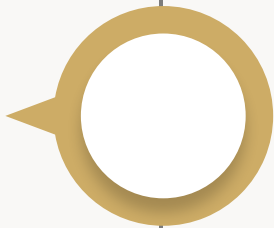
### Day 2

Where does this voice stem from?



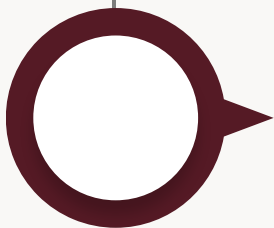
### Day 3

What are you called to do and how do you know?



### Day 4

Time to dig deep. What or who are you offended by?  
What are you holding on to?



### Day 5

Sit. Listen. Pray. Repent.



Days 5-10

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