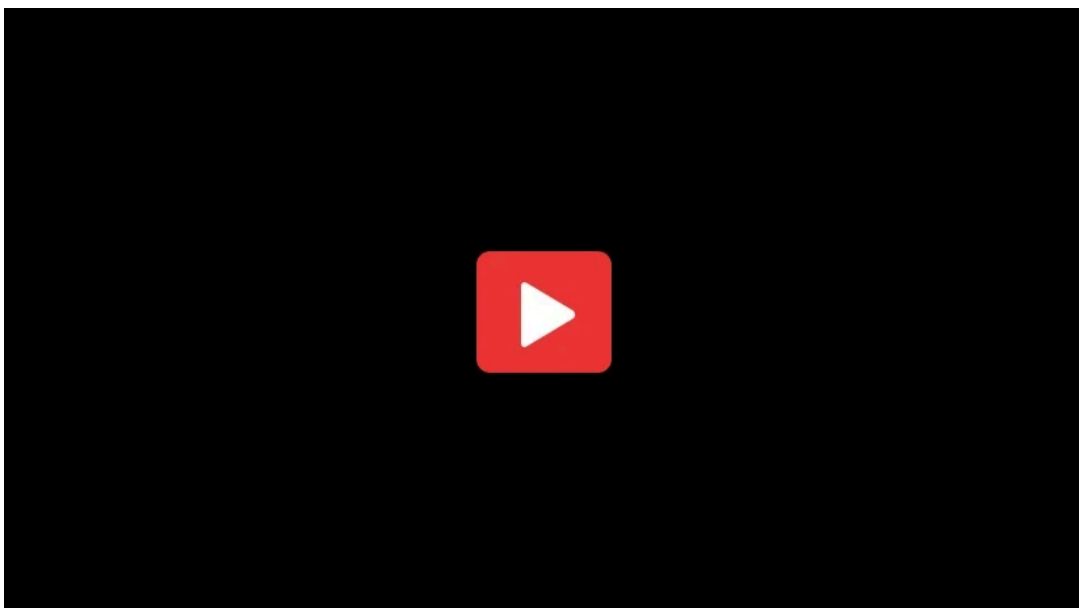




Hello Friends,

Here is a recording to inspire you to create your 2025 SelfCare Wheel. This is my tenth year sharing how to do a selfcare wheel. This wheel keeps me tuned in to how I can support myself. May you take good care in these challenging times. Please send me a picture of the wheel you create.

With love, Sarri



Sarri Gilman

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