

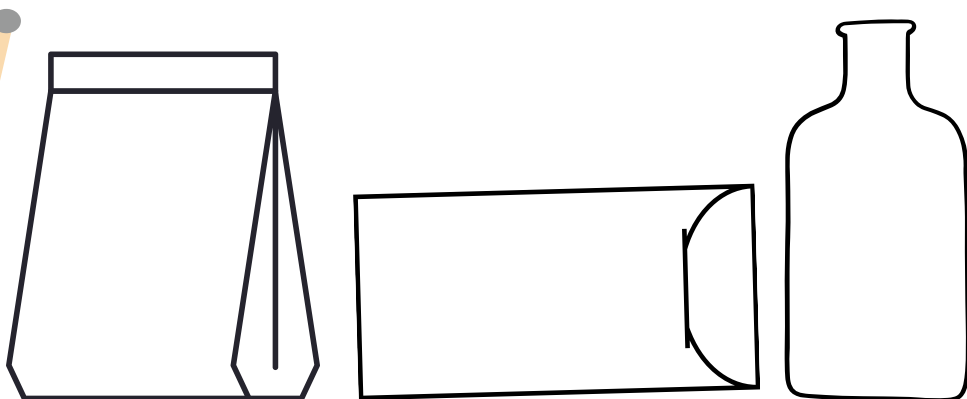
FILL UP YOUR LARDER OF SELF-CARE!



LUXURY GOODIES: stuff that takes time, effort, money



STAPLES: maintenance, some effort, time, feel good



SNACKS: Quick dopamine fix, works, short-lived

*Always have some goodies to look forward to
Fill up that staples shelf, these are your essentials
Snacks are ok in moderation, not as only help*

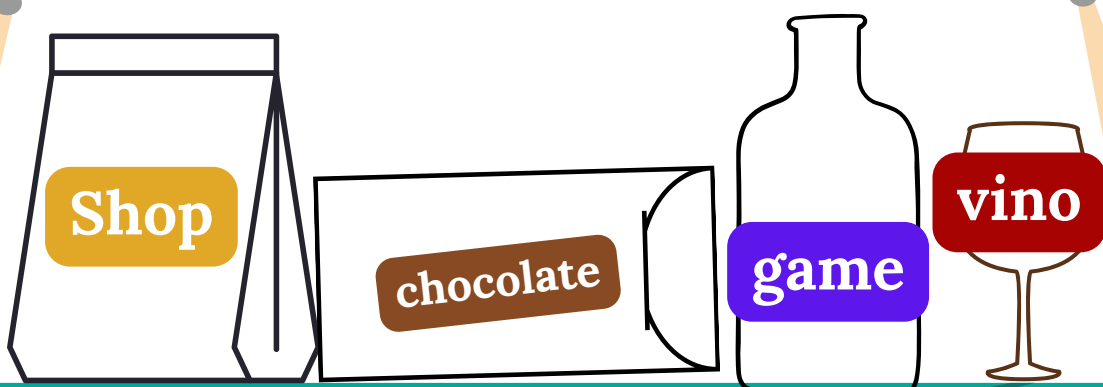
FILL UP YOUR LARDER OF SELF-CARE!



LUXURY GOODIES: stuff that takes time, effort, money



STAPLES: maintenance, some effort, time, feel good



SNACKS: Quick dopamine fix, works, short-lived

*Always have some goodies to look forward to
Fill up that staples shelf, these are your essentials
Snacks are ok in moderation, not as only help*

