

CAREGIVER

shopping	Mani/Pedi	facial	love	joy
catching up with a friend	self-care	laughter	a good book	relaxation
tap out	a good diet	CAREGIVER RULES!	hobby	hugs
peaceful	journaling	longsuffering	favorite TV show	kindness
a nap	patients	companionship	vacations	exercise

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tap out	vacations	a good book	journaling	catching up with a friend
love	hugs	facial	kindness	a good diet
hobby	Mani/Pedi	CAREGIVER RULES!	favorite TV show	longsuffering
exercise	shopping	companionship	peaceful	a nap
joy	hair appointment	relaxation	laughter	self-care

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peaceful	favorite TV show	tap out	exercise	love
patients	relaxation	vacations	journaling	a good diet
longsuffering	a good book	CAREGIVER RULES!	hobby	facial
hair appointment	joy	a nap	Mani/Pedi	shopping
self-care	laughter	hugs	kindness	companionship