

# self-care guide

If it's useful, write yourself a series of instructions to help you keep you and your engagement practice well cared-for..

# a note to my future self...

In about six weeks, you will get a follow-up nudge from us to see what stuck with you and how we can develop the laundromat, and to check your progress.

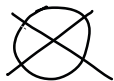
Write a note to remind yourself how you *feel* now about your engagement plan, and give yourself a *to-do list* to take your next steps..



LET

SOAK

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DO NOT...

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SORT...

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CAREFULLY...

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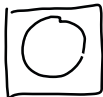
PRESS FOR...

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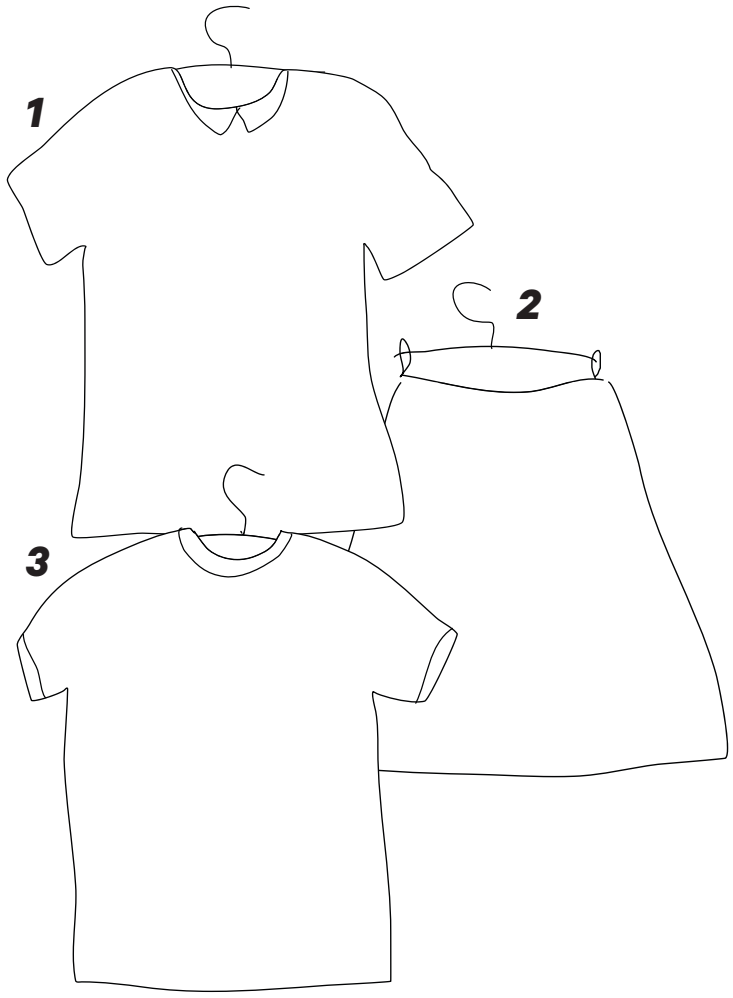
HANDY TIP...

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GENTLY...

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**1**

**2**

**3**