

Badge Journal

The following pages can be used as a Journal for the Enrichment Project digital badge program

Self-Care Formula Explorer

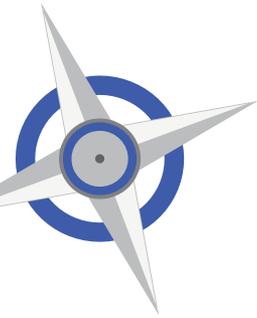
The Journal allows you to review your experiences with the badge program. This includes reviewing the steps you did, what worked (and didn't), what you'd like to change before doing it again and your thoughts on the entire activity / badge program.

In addition, there is an additional page. The volunteer feedback page allows you to give those who help you with the badge program the ability to give their opinions as well. This will allow you to see how others thought it went.

I hope this reference is helpful to you.

Check out larajla's Enrichment Project to start your own adventure.

Membership is free to download badge programs and basic supplements.



For use with these digital badge programs:

- Self-Care Formula Explorer



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[BADGE JOURNAL]

Self-Care Formula Explorer

Steps and What I Did for Each

1. **Formula.**

2. **Allergies and sensitivities.**

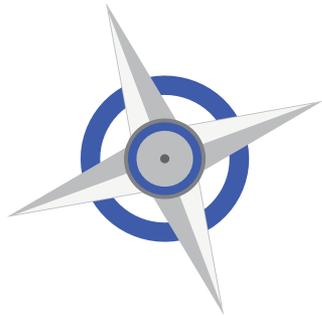
3. **Reduce toxins.**

4. **Self-care.**

5. **Share.**

LET'S MIX IT!

6. **Bath / scrubs.**



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Enrichment Project

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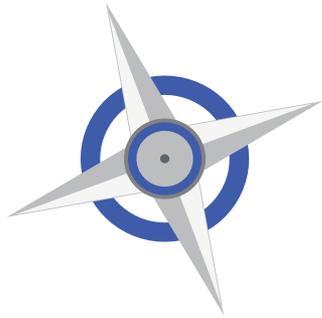


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7. Deodorant.

8. Feminine hygiene.

9. Hair.

10. Lotion / moisturizer.

11. Makeup.

12. Oral hygiene.

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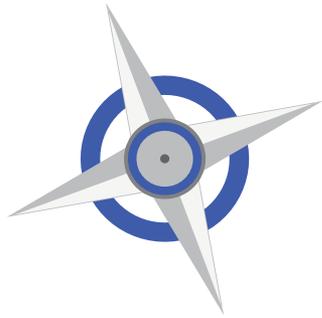
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Self-Care Formula Explorer



13. **Perfumes.**

14. **More.**

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