

SELF-CARE CHECKLIST

@thefabstory

sun mon tues wed thurs fri sat

meditate

○ ○ ○ ○ ○ ○ ○

morning
yoga

○ ○ ○ ○ ○ ○ ○

eat veggies
with every meal

○ ○ ○ ○ ○ ○ ○

drink 8 glasses
of water

○ ○ ○ ○ ○ ○ ○

daily gratitude
practice

○ ○ ○ ○ ○ ○ ○

read one chapter
of a book

○ ○ ○ ○ ○ ○ ○

tidy up
your space

○ ○ ○ ○ ○ ○ ○

do something
creative

○ ○ ○ ○ ○ ○ ○

Checklist Self Help

Dawn Hawkins



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web in the kitchen for nancy one night we waked up hearing the sound it was not singing and it was not crying coming up the dark stairs there was a light in mother s room and we heard father going down the hall down the back stairs and caddy and i went into the hall the floor was cold

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web the lyrics of this song refer to a woman who hates to see that evening sun go down because it makes her feel that she is going to die it also refers to the fact that the woman is going to make her getaway if she still feels afraid in the morning

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web i hate to see that evening sun go downi hate to see that evening sun go downcause my baby he s gone left this townfeelin tomorrow like i feel todayif i m feelin tomorrow like i feel todayi ll pack my truck and make my give a wayst

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web a highly symbolic story about waiting for death the title is taken from a song that begins lordy i hate to see that evening sun go down and the fear and expectation of death is embodied in a negro servant who believes her husband is lurking in the dark to kill her

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connecticut to carry out joint inter disciplinary research into southern culture

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