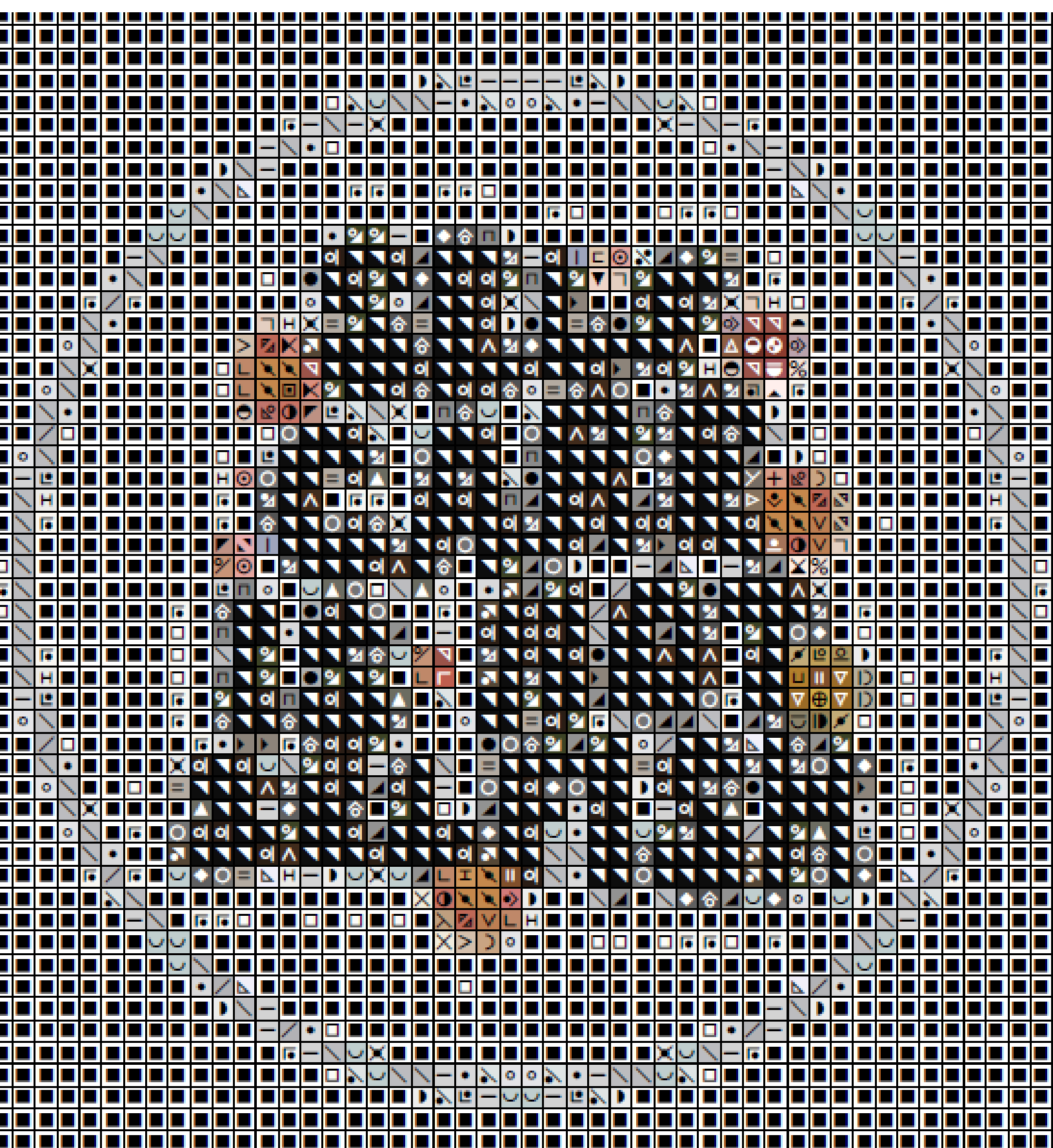


**SELF
CARE
IS NOT
SELFISH**

The text is centered within a large black circle. It is decorated with several orange flowers with yellow centers and small orange four-pointed stars. A yellow smiley face with a black outline is positioned to the right of the word 'NOT'.





	Color	Skeins	Stitches	Color code	
		3	4216	B5200 Snow White	
		1	2	ECRU Ecru	
		1	32	02 Tin	
		1	16	04 Tin Dark	
		1	2	06 Driftwood Medium Light	
		1	3	22 Alizarin	
		1	3	152 Shell Pink Medium Light	
		1	42	168 Pewter Very Light	
		1	284	310 Black	
		1	10	318 Steel Gray Light	
		1	2	371 Mustard	
		1	14	413 Pewter Gray Dark	
		1	12	415 Pearl Gray	
		1	2	433 Brown Medium	
		1	1	436 Tan	
		1	1	612 Drab Brown Light	
		1	1	632 Desert Sand Ultra Very Dark	
		1	1	645 Beaver Gray Very Dark	
		1	11	647 Beaver Gray Medium	
		1	19	762 Pearl Gray Very Light	
		1	1	782 Topaz Dark	
		1	1	830 Golden Olive Dark	
		1	1	832 Golden Olive	
		1	31	927 Gray Green Light	
		1	35	934 Avocado Green Black	
		1	1	950 Desert Sand Light	
		1	9	976 Golden Brown Medium	
		1	10	3024 Brown Gray Very Light	
		1	1	3032 Mocha Brown Medium	
		1	2	3042 Antique Violet Light	
		1	16	3072 Beaver Gray Very Light	
		1	1	3688 Mauve Medium	
		1	2	3722 Shell Pink Medium	
		1	1	3770 Tawny Very Light	
		1	2	3774 Desert Sand Very Light	
		1	1	3777 Terra Cotta Very Dark	
		1	2	3782 Mocha Brown Light	
		1	35	3799 Pewter Gray Very Dark	
		1	1	3830 Terra Cotta	
		1	5	3858 Rosewood Medium	
		1	2	3864 Mocha Beige Light	

	Color	Skeins	Stitches	Color code	
		1	53	BLANC White	
		1	25	01 White Tin	
		1	90	03 Tin Medium	
		1	4	05 Driftwood Light	
		1	1	21 Alizarin Light	
		1	8	27 White Violet	
		1	2	160 Blue Gray Medium	
		1	10	169 Pewter Light	
		1	23	317 Pewter Gray	
		1	3	356 Terra Cotta Medium	
		1	5	407 Desert Sand Medium	
		1	25	414 Steel Gray Dark	
		1	2	422 Hazelnut Brown Light	
		1	3	435 Brown Very Light	
		1	7	535 Ash Gray Very Light	
		1	1	613 Drab Brown Very Light	
		1	1	640 Beige Gray Very Dark	
		1	7	646 Beaver Gray Dark	
		1	1	729 Old Gold Medium	
		1	3	780 Topaz Ultra Very Dark	
		1	1	819 Baby Pink Light	
		1	1	831 Golden Olive Medium	
		1	26	844 Beaver Gray Ultra Dark	
		1	19	928 Gray Green Very Light	
		1	16	938 Coffee Brown Ultra Dark	
		1	1	961 Dusty Rose Dark	
		1	2	3023 Brown Gray Light	
		1	8	3031 Mocha Brown Very Dark	
		1	1	3033 Mocha Brown Very Light	
		1	2	3064 Desert Sand	
		1	70	3371 Black Brown	
		1	1	3721 Shell Pink Dark	
		1	1	3756 Baby Blue Ultra Very Light	
		1	1	3772 Desert Sand Very Dark	
		1	1	3776 Mahogany Light	
		1	2	3778 Terra Cotta Light	
		1	1	3790 Beige Gray Ultra Dark	
		1	1	3826 Golden Brown	
		1	1	3857 Rosewood Dark	
		1	2	3859 Rosewood Light	
		1	46	3865 Winter White	