

Self-Care Checklist



Affirmation:

Self
Reflection

Breathing
Exercises
for 15 mins

Watch your
favorite
movie

Having
Karaoke by
Yourself

Elevate Your
Fashion

Yoga
Every
Morning

Read Your
Favorite
Book

Start
Journaling
on your digital
self-care
workbook

Join
EmpressLyfe
Self-Care
Community

Get Enough
Sleep Every
Day

Stay
Hydrated
Every day

Practice
Meditation
1st
Daily

Call Your
Family or
Friends

Love Bomb /
Compliment
Yourself

Practice
Your Hobby

Clean Your
Room