

Self-Care Checklist

USE THE LIST BELOW TO DEVELOP A SELF-CARE ROUTINE FOR YOU

- CREATE A MORNING ROUTINE
- GET PLENTY OF SLEEP
- REFLECT ON THE THREE BEST THINGS OF TODAY
- REWARD YOURSELF
- DO SOMETHING CREATIVE
- PRACTICE DEEP BREATHING
- LISTEN TO GOOD MUSIC
- EXERCISE
- CATCH UP WITH A FRIEND
- SCHEDULE A REST DAY/DAY OFF
- SPEND TIME OUTDOORS
- HAVE A MINI PAMPER SESH
- TRY SOMETHING NEW
- READ A BOOK

Make it a habit to take care of yourself