



DAILY SELF-CARE CHECKLIST

Self Care for MIND

- Dress up and look good
- Meditate
- Do Your Stretches
- Oil Massages/ Face Packs
- Take a nice long Shower
- Write a Daily Dairy
- Spend 5-15 minutes Alone
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Self Care for SOUL

- Make Art/Create
- Pick up Hobby
- Create/Update a playlist
- Plant a seed and watch it grow
- Read a Book/magazine
- Write a Gratitude Journal
- Learn something New
- Sort your Photos
- Create a Vision Board
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Self Care for BODY

- Drink Enough Water



- Get Enough Sleep
- Limit Screen Time
- Brush and Floss
- Include a Veggie in every Meal
- Workout

Notes

