

SELF-CARE

checklist

BODY

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|---|--|
| <input type="checkbox"/> SLEEP AT LEAST 8 HOURS | <input type="checkbox"/> skincare routine |
| <input type="checkbox"/> MORNING STRETCH | <input type="checkbox"/> cold shower |
| <input type="checkbox"/> 30 MIN WALK OUTSIDE | <input type="checkbox"/> use moisturizer |
| <input type="checkbox"/> DRINK ENOUGH WATER | <input type="checkbox"/> declutter as you go |
| <input type="checkbox"/> EAT PROTEIN BREAKFAST | <input type="checkbox"/> pick an outfit you love |
| <input type="checkbox"/> WRITE A MEAL PLAN | <input type="checkbox"/> mindful breathing |

MIND

- | | |
|--|--|
| <input type="checkbox"/> NO SCREENS IN THE MORNING | <input type="checkbox"/> JOURNAL EVERY DAY |
| <input type="checkbox"/> READ A BOOK EVERY DAY | <input type="checkbox"/> LEARN SOMETHING NEW |
| <input type="checkbox"/> SOCIAL MEDIA DETOX | <input type="checkbox"/> CONNECT WITH LOVED ONES |
| <input type="checkbox"/> FIND A NEW HOBBY | <input type="checkbox"/> CREATE A VISION BOARD |
| <input type="checkbox"/> LISTEN TO A PODCAST | <input type="checkbox"/> HAVE SOME ALONE TIME |

SPIRIT

- | | |
|---|---|
| <input type="checkbox"/> PRACTISE MEDITATION | <input type="checkbox"/> DAILY AFFIRMATIONS |
| <input type="checkbox"/> EXPRESS GRATITUDE | <input type="checkbox"/> PRACTISE MINDFULNESS |
| <input type="checkbox"/> ACKNOWLEDGE EMOTIONS | <input type="checkbox"/> COMMUNITY WORK |
| <input type="checkbox"/> ACTS OF KINDNESS | <input type="checkbox"/> POSITIVE THINKING |