Self-Care CHECKLIST

Self-care isn't an act but a loving commitment to oneself. How are you going to cherish yourself this week?

	M	T	W	T	F	S	S
Drink a glass of water in the morning							
Exercise or move your body							
Cook a healthy, nourishing meal							
Practice mindful meditation							
Journal your thoughts							
Plan out your week in advance							
Spend time with a loved one							
Attend a workshop or class							
Take regular breaks							
Watch a light-hearted movie							
Go for a long walk							
Read for pleasure							
Practice gratitude							
Take a long bath or shower							
Listen to your favorite music							
No screen time before bed							
Go to sleep before 10pm							