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	000000
Exercise or move your body	000000
Cook a healthy, nourishing meal	000000
Practice mindful meditation	000000
Journal your thoughts	000000
Plan out your week in advance	000000
Spend time with a loved one	000000
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	000000