

# DAILY Self-Care CHECKLIST

## Morning

- ☐ Wake up early
- ☐ Avoid looking at phone right away
- ☐ Drink a full glass of water
- ☐ Try some meditation
- ☐ Work-out
- ☐ Do your personal care
- ☐ Prepare a delicious, healthy breakfast
- ☐ Plan your day
- ☐ \_\_\_\_\_

## Afternoon

- ☐ Go for a short walk
- ☐ Drink more water
- ☐ Take a power nap
- ☐ Have a healthy snack
- ☐ Check-in with friends & family
- ☐ Treat yourself to lunch
- ☐ Limit your consumption of bad news
- ☐ Make a doctor's appointment
- ☐ \_\_\_\_\_

## Evening

- ☐ Try a new dinner recipe
- ☐ Do something you love
- ☐ Journal & reflect on your day
- ☐ Plan for tomorrow
- ☐ Pamper yourself for bed!
- ☐ Unplug for the night
- ☐ Read a book
- ☐ Go to sleep early
- ☐ \_\_\_\_\_

## Any Time

- ☐ Maintain personal hygiene
- ☐ Learn something new!
- ☐ Love on your home (basic cleaning)
- ☐ Make a feel-good playlist
- ☐ Catch up on work
- ☐ Watch the sunrise, sunset, or clouds
- ☐ Listen to an inspiring podcast
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

