

# SELF-CARE DAILY *checklist*

## BODY

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|---|--|
| <input type="checkbox"/> SLEEP AT LEAST 8 HOURS | <input type="checkbox"/> SKINCARE ROUTINE        |
| <input type="checkbox"/> STRETCH                | <input type="checkbox"/> CLEANSE YOUR BODY       |
| <input type="checkbox"/> PHYSICAL ACTIVITY      | <input type="checkbox"/> USE MOISTURIZER         |
| <input type="checkbox"/> STAY HYDRATED          | <input type="checkbox"/> DECLUTTER AS YOU GO     |
| <input type="checkbox"/> EAT A BALANCED MEAL    | <input type="checkbox"/> PICK AN OUTFIT YOU LOVE |
| <input type="checkbox"/> SUNLIGHT EXPOSURE      | <input type="checkbox"/> MINDFUL BREATHING       |

## MIND

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| <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"/> HAVE SOME ALONE TIME    |
| <input type="checkbox"/> LISTEN TO A PODCAST       | <input type="checkbox"/> CREATIVE EXPRESSION     |

## SPIRIT

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| <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    |
| <input type="checkbox"/> SPENDING TIME IN NATURE | <input type="checkbox"/> BREATHWORK           |