SELF-CARE CHECKLIST

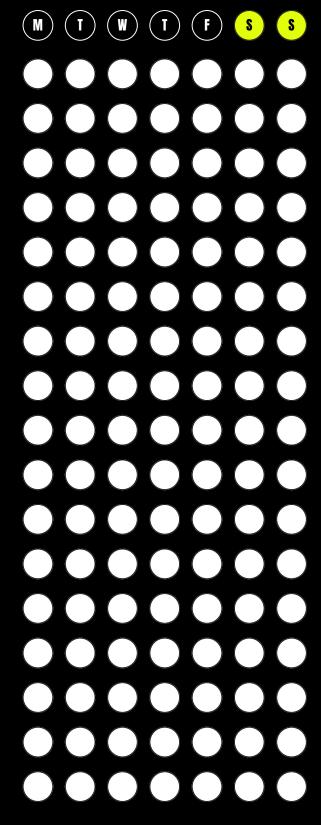
HELPING YOU PRIORITIZE YOUR HEALTH & WELL-BEING

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Self-care is a loving commitment to yourself and an investment in your future self. How many acts of self-care can you complete this week?

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**





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