

# DAILY SELF CARE CHECKLIST

## MORNING

- MAKE YOUR BED
- STRETCH
- MEDITATE
- EAT A HEALTHY BREAKFAST
- TAKE DAILY VITAMINS

## AFTERNOON

- DRINK WATER
- WRITE IN A JOURNAL
- SPEND TIME IN NATURE
- COMPLIMENT
- SPEND TIME WITH FRIENDS

## NIGHT

- HAVE A RELAXING BATH
- LISTEN TO CALMING MUSIC
- EXERCISE
- COUNT YOUR BLESSINGS
- GET ENOUGH SLEEP