

self-care check-list

TODAY I WILL...

- CONNECT WITH AN OLD FRIEND
- GO ON A 24-HOUR SOCIAL MEDIA DETOX
- FIND A QUIET SPOT TO MEDITATE
- LIGHT AN AROMATIC CANDLE
- START A GRATITUDE JOURNAL/JAR
- SIT IN SILENCE AND BREATHE DEEPLY
- LISTEN TO GOOD MUSIC
- EXERCISE
- CATCH UP WITH A FRIEND
- SAY POSITIVE AFFIRMATIONS OUTLOUD
- GO FOR A WALK ALONE
- SOLVE BRAIN TEASERS/PUZZLES
- SAVOR A CUP OF TEA
- TAKE A BUBBLE BATH
- READ A BOOK OR COLOR

Make it a habit to take care of yourself!