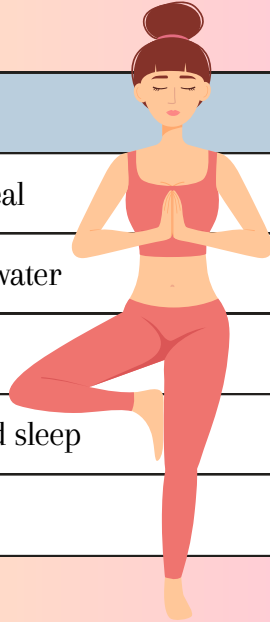


Self-Care CHECKLIST

Self-Care isn't a one-time action, but an on-going commitment to nurture and love on yourself. How will you show up for YOU this week?

Physical Self-Care	M	T	W	T	F	S	S
Cook a healthy, nourishing meal							
Stay hydrated and drink your water							
Exercise or move your body							
Get your rest 7-8 hours of good sleep							
Take a long bath or shower							



Mind & Soul Self-Care	M	T	W	T	F	S	S
Attend a workshop or class							
Read for 30 minutes							
Listen to a motivational podcast episode							
Sit in stillness and collect your thoughts							
Plan out your week in advance							



Emotional Self-Care	M	T	W	T	F	S	S
Practice daily gratitude							
Spend time with a loved one							
Foster a positive mindset							
Spend time outdoors and in nature							
Journal your thoughts							



REFLECTION SECTION: WRITE DOWN YOUR THOUGHTS ON HOW YOU FEEL EACH DAY OR ANY CHANGES YOU NOTICE.

