

self-care check-in

CHECK THE BOXES OF THE ACTIVITIES
YOU DO TO TAKE CARE OF YOURSELF.

- ☐ EAT THREE MAIN NOURISHING MEALS
- ☐ GO ON A 24-HOUR SOCIAL MEDIA DETOX
- ☐ FIND A QUIET SPOT TO MEDITATE
- ☐ LIGHT AN AROMATIC CANDLE
- ☐ DO A GRATITUDE LIST
- ☐ PRACTICE DEEP BREATHING
- ☐ LISTEN TO YOUR FAVORITE MUSIC
- ☐ EXERCISE
- ☐ CATCH UP WITH A FRIEND
- ☐ GET SOME REST
- ☐ SPEND TIME OUTDOORS
- ☐ HAVE A MINI PAMPER SESH
- ☐ LISTEN TO AN INSPIRING PODCAST
- ☐ STRETCH
- ☐ READ A BOOK

Make it a habit to take care of yourself

