

SELF CARE CHECKLIST

ACTIVITIES	M	T	W	TH	F	SA	SU
DRINK A GLASS OF WATER TO START THE DAY	☐	☐	☐	☐	☐	☐	☐
ENJOY 45 MINUTES OF EXERCISE	☐	☐	☐	☐	☐	☐	☐
GET SOME FRESH AIR	☐	☐	☐	☐	☐	☐	☐
HAVE A HEALTHY BREAKFAST	☐	☐	☐	☐	☐	☐	☐
ENJOY A WARM MORNING DRINK	☐	☐	☐	☐	☐	☐	☐
PLAN OUT YOUR DAY IN YOUR PLANNER	☐	☐	☐	☐	☐	☐	☐
STRETCH YOUR BODY	☐	☐	☐	☐	☐	☐	☐
TAKE REGULAR BREAKS	☐	☐	☐	☐	☐	☐	☐
ENJOY SOME SUNSHINE	☐	☐	☐	☐	☐	☐	☐
TAKE HOT/COLD BATH OR SHOWER	☐	☐	☐	☐	☐	☐	☐
READ SOMETHING MEANINGFUL	☐	☐	☐	☐	☐	☐	☐
PLAY SOME INVIGORATING MUSIC	☐	☐	☐	☐	☐	☐	☐
DISCONNECT	☐	☐	☐	☐	☐	☐	☐
EAT A HEALTHY SNACK	☐	☐	☐	☐	☐	☐	☐
WIND DOWN BY AVOIDING BRIGHT LIGHT AT NIGHT	☐	☐	☐	☐	☐	☐	☐
GET IN BED BEFORE 10PM	☐	☐	☐	☐	☐	☐	☐