

DAILY SELF CARE Checklist

- Take a shower / get ready for the day
- Have a morning routine
- Read / listen to a book
- Go outside
- Drink water
- Cross something off your to-do list
- Say no
- Be social
- Give a task to your spouse
- Take your vitamins
- Meditate
- Write in a gratitude journal
- Wash your face
- Exercise
- Have quiet hour
- Meal plan